Volume 19, No. 11 • April 6, 2012

Nation

Snowshoe Day in the Skag

Wemindji Ends 300-Year-Old-Habit

$2.50 Free in Iyiyuuschii
Serving Iyiyuuschii since 1993
Canada Post Publication No. 40015005

ᐃᓕᓴᐃᓇᐃᔨ ᑎᐯᓕᒧᓯ
Cree Regional Authority
Administration regional Crie
ᐊᓂᐯᔨᐃᓕᓴᐃᓇᐃᔨᑦᐃᓇᓄᑦ ᓇᐦᑭᐅᐊᓕᓴᐃᓇᐃᔨᑦᐃᓇᓄᑦ ᐯ ᓀᑎᒧᑦᑦᐣ (ᐃᓕᓴᐃᓇᓄ ᐊᔨᑦ)
Grand Council of the Crees (Eeyou/Eenou Istchee)
Grand conseil des Cris (Eeyou/Eenou Istchee)

Have a Safe and Enjoyable Goose Break!

Goose Break is a special time of the year, a time to go back to the land of our people to pursue and exercise a right that was fought hard by our great leaders. A right to hunt waterfowl, to feed our families, and to exercise our traditional customs like the “walking out ceremony.”

As we prepare our camps, and get our families ready for our annual spring hunt, we ask every Cree to take all precautions in their traditional camps to have a safe and a memorable hunt.

With the weather conditions changing rapidly, we ask all Crees to be extra cautious and to heed to the advice of “Nituuhuuchimaau.”

Have an enjoyable and safe Goose Break.

Grand Chief Matthew Coon Come
Deputy Grand Chief Ashley Iserhoff

ᐁ ᐃᓴᐧᐦᑎᓯᓴᐤ ᑭᓴ ᐁ ᒋᐧᓴᐣᑎᑦᑎᒪᐤ ᐊ ᐃᐧᐊᔨᓴᐤ ᐊ ᓄᑭᐱᓴᓯᐧᐊᓴᐤ!

ᑭᔮᑎᒪᐅᐧᐊᔨᑦᑕᓄᐧ ᐊ ᐅᑎᐢᑭᐱᓴᐁ ᐊ ᓄᑭᐱᓴᓯᐧᐊᓂᐧᐃᓱ, ᐊᐅᐤ ᐊ ᐅᑎᐢᑭᐱᓴᐁ ᐊ ᑭᐧᐊᓄᑎᐢ ᐃᔨᔨᐅᐁ ᐊᔨᑭᔨᓄᐢ, ᑭᓴ ᐁ ᓄᑭᐱᓴᓯᐧᐊᓂᐧᐃᓱ ᐁᐧᓴᐣ ᐅᑭᔨᑭᐧᐅᑦᐅᐧᐊᓂᐧᐃᓱᐧ ᑲ ᐃᔨᓕᓴᐧᐦᑎᓯᓴᐤ ᐁᐧᓴᐣ ᐅᑭᔨᑭᐧᐅᑦᐅᐧᐊᓂᐧᐃᓱᐧ, ᑭᓴ ᐁ ᑭᐧᐊᓄᑎᐢ ᐁᐧᓴᐣ ᐃᔨᔨᐅᐁ ᐃᐧᐊᓂᐧᐃᓱᐧ “ᐊ ᐧᐃᐧᐃᓄᑦᐊᐅᓯᐧᐃᓂᐧᐃᓱᐧ”

ᐊᐧ ᐊ ᐃᓴᔨᔨᔨᓴᑎᑎᓂᐧ ᑭᓂᔮᐧᐅᑭᐢᑭᔨᐅᓂᐧ, ᑭᓴ ᐊ ᐃᓴᔨᔨᔨᓴᔮᐧᐃᓱ ᓴᑎᔨᔨᑎᓂᐧᐅᐣ ᐊᐧ ᐁ ᔨᔨᓂᐧᐃᓱᐧᑦᐃᓱ, ᐊᔨᐧᐃᓱ ᐊ ᐃᐢ ᔨᔨᓂᐧᐃᓱᐧᑦᐃᓱ ᐁ ᐃᐢ ᔨᔨᓂᐧᐃᓱᐧᑦᐃᓱ ᐁᐧᓴᐣ ᐃᓴᔨᓂᐧᐃᓱᐧᑦᐃᓱ ᐁ ᓂᔮᐧᐅᑭᐢᑭᔨᐅᓂᐧᐃᓱᐧ

A Cree decision

By Will Nicholls

Recently a rumour came my way. It came from three different people so I assigned a reporter to look into it. The information said that by March 31 the Board of Compensation (BOC) would close its books (as it was the end of the fiscal year) and all its assets and monies would be transferred to the Cree Development Corporation (CDC).

Our journalists are thorough and called both BOC Chairman Jack Blacksmith and Grand Council Executive Director Bill Namagoose. It turned out there was no basis to the rumour. In another issue we will cover the idea of taking the BOC and CreeCo and making it a part of the CDC.

Addressing this issue I have to ask how can politics mix with business as the former seeks to uphold public interests whereas the latter is to pursue private benefit and profit? We have heard many speakers and studies throughout the years saying there should be a separation of the two because of those conflicts. Politicians must choose whether they want to serve the people or business interests. For example, in the past Cree Construction has been told by Cree politicians that employment was a higher priority than making a profit and yet they are blamed when the profit margin is low or non-existent.

The idea of combining the BOC et al has gone forward with nary a pause for a real look at both sides of the issue. When a political decision is made in one direction the resources to promote it rarely see the same resources given to consider whether or not it is a good idea.

The arguments supporting dissolving the BOC include the fact they only have $233,772,000 in their bank account. They started with $136,625,000 initially around 30 years ago and despite the economic downturn have managed to do better than Canada Savings Bonds. However this sum is small potatoes these days and proponents of the plan say we should be putting money under one umbrella.

There are a host of other reasons and perhaps they are valid but the previous concerns are overshadowed by just one. That concern deals with Cree rights and a loss of one of them could affect the way things are done in the future. The creation of the BOC is part of the James Bay and Northern Quebec Agreement and as such is entrenched in the Canadian Constitution as well as being part of the rule of law in Quebec. For one party to change this opens the door to Canada and Quebec doing the same. After all what was thought to be written in stone has proved to be nothing of the sort.

If we are to contemplate changing the basis of this Agreement it should be done in the same manner as the Paix des braves agreement. A referendum is the way as something of this importance must be decided by all Cree. To take away our democratic ability to elect those to look after our future and put it into the hands of a few who will choose them on our behalf requires our acceptance at the very least. Our rights to our land and control of our destiny were done by strangers without our knowledge and consent. Surely our own leadership would not follow in those footsteps.

Contents

editorial
- A Cree decision 3

rez notes
- Rivers on the rocks 4

news
- Funding crisis 5
- Wemindji Northern Store to close 7

features
- North-South connection 12
- More northern treasures 15
- Attawapiskat tug-of-war 17
- No premium? 21
- Breaking the diabetic link 23
- Health Food & Green Living Expo 24
- Val-d'Or's Anti-Racism Week march 28
- Free legal advice 31
- Eastern Door & North Selection Camp 33

Borderlines
- Our printemps érable 35

UTNS
- Being up front keeps me sober 39

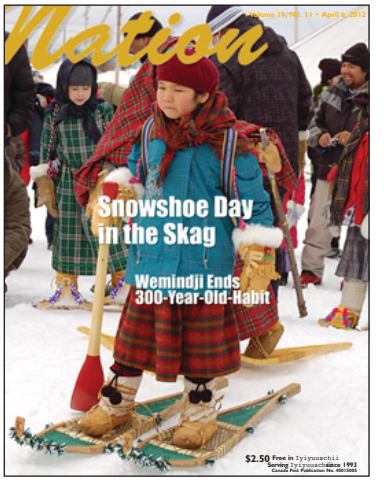


photo by:
Katherine McCrae

Rivers on the rocks

By Sonny Orr

I recently bumped into some old friends who lamented about the changes in their normal winter and spring hunting schedules. This winter – if I may call it that – we experienced fierce winter temperatures, from super subzero to semi-tropical climes. Arrggg...what to wear? Should I look chic or heavy camo? Can I afford not to put on long johns or does it call for fur-lined shorts and jungle khaki? One thing is for sure, when it comes to driving out on the ice covering the bays and rivers, a life jacket is needed, for you, your passenger and perhaps even for the pet pooch.

Back in the day, six or seven feet of solid ice was good enough to land a large aircraft – often the only way to get around if your dog team got sick. Stories of near starvation in northern communities relate to the sheer cold and ice conditions, preventing all but the heartiest of souls to venture out in the bay in search of seals and other fat sea creatures. On land, the cold made it good for fur-bearing animals, but only when they were plentiful was it worthwhile to risk life and family for the meagre profit then offered to the Cree trapper.

Ice was probably the most important hard element in the world of the Cree and Inuit, and much could be made with it. Homes, shelters, water, transportation and other services that are taken for granted in the South year round, could only be possible with the thickness of the ice. If it weren't for ice and all that it offered to us as First Nations people and Inuit, the North would not be what it is today. Ice even helped with national defence, making it harder for nuclear-powered Soviet (and American) subs to surface in order to get some fresh air and possibly a hockey game or two.

Today, the ice is now a major concern for nearly everyone who depends on this stable element of crystallized water. For example, the polar bear, whose very evolution is based on northern conditions, survives by the harvesting of seals that bask on the ice during the spring months. The seals, that lolled around for days on end on floating floes of ice, would be killed while they slept, feeding the fat polar bear. Now, the ice is disappearing at an alarming rate, and those baby seals that need that very ice to stay afloat, now drown and wash up on the shores of the bays of northern Quebec. Leaving the poor polar bear with nothing to eat. I say, keep the annual seal hunt alive and send the carcasses to the polar bear, thereby saving an industry and a way of life.

For human activities, the ice roads that kept large trucks packed with annual supplies that would keep the construction industry alive, now have a very short window of opportunity to deliver those valued goods. Closer to home, the Rupert River is now a fragile environment, with the ice eroding from underneath and creating chaos for those hunters who need to get from the camp to the goose ponds.

Now that ice is becoming weaker and thinner, what would normally be a safe trek is now fraught with danger. Back in the day, a canoe would be strapped on top of a sled, just in case. I think that someone should come up with a design for today – a sled that floats and can have a motor attached to the back to propel it through ice-clogged rivers and creeks and painted either white or camo, or both. Even better, the canoe (or any water craft) could be a self-propelled blind that you could hitch behind a snowmobile.

Whatever the ice scenario may be today, we know that it is changing our lives already.

the Nation is published every two weeks by Beesum Communications

EDITORIAL BOARD
L. Stewart, W. Nicholls, N. Diamond, E. Webb

EDITOR IN CHIEF
Will Nicholls

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Martin Siberok

CONTRIBUTING WRITERS
B. Judd, Rudnicka-Lavoie,, D. Coyle, S. Orr, P. Coulombe, A. German, L. Stewart, A. Levitas, K. Larocque, S. Malley, J. Staniforth, X. Kataquapit,

PHOTOGRAPHY
A. German, N. Diamond, W. Nicholls, D. Valade

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTATIVES
Danielle Valade, Ginette Grégoire

PRODUCTION COORDINATOR
K. Larocque

DESIGN AND LAYOUT
R. Lawson

THANKS TO: Air Creebec

WHERE TO REACH US:
POSTMASTER:
The Nation PRODUCTION OFFICE
4529 CLARK, #403
MONTREAL, QC., H2T 2T3
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
The Nation HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
www.nationnews.ca
E-MAIL ADDRESSES:
Editorial: nation@beesum-communications.com
news@beesum-communications.com
Ads: for Danielle Valade
ads@beesum-communications.com
for Ginette Gregoire
publicity@beesum-communications.com
Classifieds: Séri Jacobs-Pepin
sjacobs@beesum-communications.com

SUBSCRIPTIONS
INDIVIDUALS & INSTITUTIONS:
$60 PLUS TAXES, US: $90, ABROAD: $110
PAYABLE TO BEESUM COMMUNICATIONS
PRINTED BY IMPRIMERIE LEBONFON
ALL RIGHTS RESERVED
PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL CONTROLLED PUBLISHERS,
MAGAZINES CANADA
QUEBEC COMMUNITY NEWSPAPER ASSN.
CANADIAN COMMUNITY NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC
We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

facebook.com/NATIONnewsmagazine

WINNER 2010 QCNA AWARDS
QCNA AJRQ
2009 WINNER CCNA BETTER NEWSPAPERS COMPETITION
CMCA AUDITED
RÉSEAU SÉLECT
Magazines Canada
Canada

Funding crisis

Montreal Native Friendship Centre may have to close

by Danielle Rudnicka-Lavoie

The Native Friendship Centre of Montreal (NFCM) may close within the next three months due to lack of secure funding. On October 12, 2011, the Regroupement des centres d'amitié autochtones du Québec (RCAAQ) suspended the centre's provincial membership as well as recommended a suspension of its funding because of the NFCM's denouncement of inconsistencies in the application of the Aboriginal Friendship Centre Program's (AFCP) Criteria and Guidelines.

The NFCM claims that the RCAAQ declined participation in the dispute resolution process and cited in a letter to not recognize its legitimacy as set out in the national Criteria and Guidelines. The matter has since been turned over to the Department of Canadian Heritage and is currently under investigation.

Vice President Gordon Bird, President Eric Ravenelle and Executive Director Brett Pineau

> "MONTREAL WILL LOSE ITS ONLY COMMUNITY AND YOUTH CENTRE THAT PROVIDES HEALTH, SOCIAL, LEGAL, ORIENTATION, EDUCATION, TRAINING AND EMPLOYMENT SERVICES FOR FIRST NATIONS PEOPLE ARRIVING IN THE CITY."

At a special assembly held on March 21 at the NFCM, the issues of the suspension of the centre's membership and of the outstanding funding were discussed. "We have not received any core funding for the 2011-2012 fiscal year because of a unilateral termination of a special bilateral agreement," said Brett Pineau, Executive Director of the NFCM.

Both parties involved in the membership dispute, the RCAAQ and the National Association of Friendship Centres (NAFC), were invited to the meeting – the RCAAQ made a board decision not to be present and the NAFC had prior engagements. "What we were told by the RCAAQ was pretty much, 'we don't want to play the game, so the game's over,'" said Eric Ravenelle, President of the NFCM.

The core issue related to the suspension of funding was the renewal of the NFCM's bilateral agreement. "We never got any correspondence saying that the agreement was extended. We've asked for documentation several times to show us where it was agreed that this bilateral agreement was extended and the document has never been put forward," said Ravenelle. "They [the RCAAQ] are saying that the agreement was extended and we didn't follow it."

"The only thing we have on file is an expired agreement. We have a big problem," said Pineau.

At press time, the RCAAQ could not comment on the matter.

"The reason why we're in this situation is because apparently we're not following the document that we've asked for," said Ravenelle. "At our meeting on October 12, I asked Josée Goulet, the executive director of RCAAQ, and Jeffery Cyr, the executive director NAFC, for that document and no one knew where it was. Goulet shrugged her shoulders – that was the response I got."

The last bilateral agreement signed by the NFCM had a three-year mandate from July 2007 to July 2010. The RCAAQ allegedly claimed that in correspondence dated September 5, 2011, the NFCM terminated the agreement, resulting in the suspension of core funding for 2011-2012 and all subsequent years, which would force the NFCM to shut its doors. "The implications of us going under are very serious for the Aboriginal community," said Pineau.

"The NFCM is not given resources financially capable of operating and being everything to everybody. We do not have designated streams of socio-cultural funding, but we are doing our best given the existing contribution agreements that we have signed with the federal government," said Pineau.

The renewal of the Youth Centre Program has not yet been confirmed at press time. According to Pineau, the funding for the program has dropped from what was once $123,000 to $115,000 last fiscal year.

Montreal will lose its only community and youth centre that provides health, social, legal, orientation, education, training and employment services for First Nations people arriving in the city.

The NFCM is currently relying on accumulated reserves which will allow them to stay open for an estimated three months.

Protection • Interpretation • Education • Conservation • Sustainable Development • Protection • Interpretation • Education • Conservation • Sustainable Development

Blaze new trails with the NATURAL ENVIRONMENT TECHNOLOGY PROGRAM

Every year, more and more Crees are needed as environmental professionals. The development that is coming to Eeyou Istchee as part of the Plan Nord requires that Crees participate in the environmental review and monitoring of new development on their lands. Our program is specifically designed for Cree needs, including:

- Instruction in English
- Emphasis on Cree traditional knowledge, with some lessons even given by Cree elders
- Support measures for students and their families to help adapt to living in Chibougamau
- Field courses where you learn about nature IN nature
- Paid summer job placements with environmental companies, including THIS SUMMER!
- Help ensure the protection of Cree lands for future generations. JOIN THE NET PROGRAM!!

The NET Program is a 3-year DEC program that requires you to complete at least Secondary 5 in June. For more information, call Mireille Fortier (418) 748-4996 #224 or Yves Marchand (418) 748-4996 #227

BUSINESS AND COMMUNITY SERVICE
CENTRE D'ÉTUDES COLLÉGIALES à Chibougamau
ISO 9001:2008

ᓯᑭᒪᐧᐃᐣ
ISKAMOON CORPORATION

Help ensure the protection of Cree lands for future generations.
JOIN THE NET PROGRAM!!

Wemindji Northern Store to close

Loblaws set to fill void in food retail market and provide jobs

By Shaun Malley

Wemindji's branch of the Northern Stores chain will be forced to close permanently by the end of June after the Band Council's economic association opted to begin a partnership with food retail giant Loblaws.

"Northern Stores won't be able to operate in the community because their lease was not renewed," said Wemindji Nation Chief Rodney Mark. "Tawich Development Corporation will have a supply agreement with Loblaws, and they have already opened the door to the 35 Northern Stores grocery employees."

The store, with its food and retail section, will shut down in two stages. The grocery section will shutter on March 31, while the remaining retail section will close its doors for the last time on June 31. It is one of the last vestiges of both the North West Company and Hudson's Bay Company, organizations with links to the Cree of Eeyou Istchee that go back centuries.

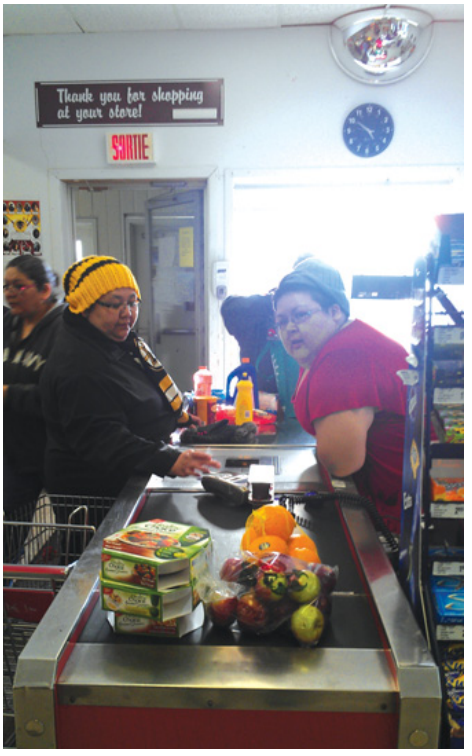
Mark Wadden, president of Tawich Development Corporation, said the change was a matter of opportunity and stresses that the end of their association comes without bitterness.

"We are breaking people out of a 300-year-old habit of relying on HBC and Northern to provide [...] their needs," he said. "[The company] also benefited a lot from the Cree people. We thank them for their years of service but it's time we took our destiny into our own hands. We see this as the beginning of a new era."

Wadden explained Tawich's actions as what is best for Wemindji. He said the store's profits made it hard for other entrepreneurs to compete, so an outside consulting firm called Novic was hired to help plug "a major leak in money" from leaving the community. Of the three firms bidding for the contract, Loblaws was ultimately selected by the community's economic overseers.

"WE THANK THEM FOR THEIR YEARS OF SERVICE BUT IT'S TIME WE TOOK OUR DESTINY INTO OUR OWN HANDS. **WE SEE THIS AS THE BEGINNING OF A NEW ERA.**"

Brampton, Ontario-based Loblaws has 70 stores across Quebec and Ontario. Its owner, George Weston Limited, is the largest food retailer in the country. The price of food will be lower in all likelihood. Furthermore, their flagship President's Choice-branded Decadent chocolate-chip cookies have been the bane of many a sensible eating plan. However enticing all that may be, resistance in the community is something that has been anticipated by Wadden.



"A lot of people are somewhat aware of what Loblaws can offer but it's the unknown that worries people," he said. "Some people just don't like change, so not everybody will be happy with this decision."

Among those unhappy would doubtless be certain employees of the store. This prompted the directors at Tawich to make offers to transfer employees from one store to another. As many as 35 people could make the switch. One employee – a butcher – has answered the call. For others, the offer comes as too little, too late.

"One of the current staff members, who's been working [at Northern] for approximately 30 years, told us that he appreciated our offer," Wadden said. "But, he would like to retire now from stocking shelves and spend some time in the bush."

Good feedback from a similar situation in Atikamekw territory helped tip the balance towards a mostly positive outlook for Tawich's Wadden. Consultants from Novic oversaw a similar deal forged in Obedjiwan, which lead to Loblaws partnering with the local band.

"We've heard comments made by some of the people [about the Obedjiwan deal] and one of them said this was probably one of the best decisions they've made for their community," said Wadden. "They had a lot of criticism from their people at the beginning, but it has been a very positive change."

More details of the deal should be forthcoming in the next little while. In the meantime, the president of Tawich finds his optimism undiminished despite the uncertainty of working with a new economic partner.

"The future is bright for Wemindji," Wadden said.

elcom
RADIO))))))))))
Toll-Free: 1(866) 874-2227
1834, 3e avenue, Val-d'Or, Qc J9P 7A9
www.elcom-radio.com

BATTERIES Expert

For all your telecommunication and alternative energy needs!

Call us for more details about our Goose Break promotion 1-866-874-2227

2012 James Bay Cree Telephone Book

The 2012 edition of the James Bay Cree Telephone Book has arrived in your community!

Pick up a free copy at your Band Office

Beesum Communications extends special thanks to the band offices and everyone in the communities who contributed to the production of this year's telephone book. Without you, this project would not have been possible. Meegwetch!

Want additional copies?
Each additional copy costs $25 and $11 shipping and handling plus taxes, if applicable.

To place your order or pay by Mastercard, please call 514-272-3077

Or send cheque or money order payable to:
Beesum Communications
4529 Clark St. suite 403
Montreal, Qc. H2T 2T3

Chibougamau Eenou Friendship Centre

The Chibougamau Eenou Friendship Centre is proud to launch our Diabetes Prevention Initiative!

This important program includes many diverse activities to help our urban aboriginal population decrease their risk of developing Type 2 Diabetes.

Are there lifestyle changes you could make to decrease your risk of developing type 2 Diabetes? Do you need to get active? Do you want to have a better understanding of nutrition? Do you want to use traditional activities to get healthy? Then take the Diabetes Prevention Health Challenge! We will help monitor your progress and keep you motivated with fun activities, group support and other incentives!

Activities include workshops with a nutritionist, bouncefit classes, outdoor activities, gardening, cooking classes, and so much more! If you want to participate in any of our activities or just find out more, please contact us at 418-748-7667.

This project is made possible thanks to funding from Health Canada's Aboriginal Diabetes Initiative.

First geese downed

So far in the 2012 spring season, there have been only two communities that have broken the ice on goose kills so far. The first being from Mistissini, where Marcel Blacksmith got his first goose kill in early March at McLeod Point.

The second being from Waswanipi and that one was bagged by Simian Mianscum who got the kill around Mistissini.

No word yet from the other seven communities but it is still early in the season, so best of luck to all those out there hunting on goose break and make sure to stay safe.

Institute holds debates on mining

Since the beginning of March, the Institut du Nouveau Monde (INM) has been conducting public debates on the future impact of Quebec mining development brought on by the Plan Nord as well as the potential impact of a drop in mineral prices.

The meetings have so far taken place in Rouyn-Noranda, Chibougamou and Abitibi-Témiscamingue with seven more locations and dates to be announced bringing to 10 the number of towns that will participate.

Speaking about the progress made in the Rouyn-Noranda debate, INM director general Michel Venne said, "Citizens from all different walks of life have come to express themselves about what they do and to submit their suggestions. The quality of what we heard was exceptional and we will be leaving Rouyn-Noranda with dozens of valid points to further the conversation."

One of the main suggestions being floated around is to create a fund for regional development that will be funded by a tax on the mining companies. The fund's purpose will be to support the diversification of the regional economy to make sure it isn't entirely reliant on the mining industry.

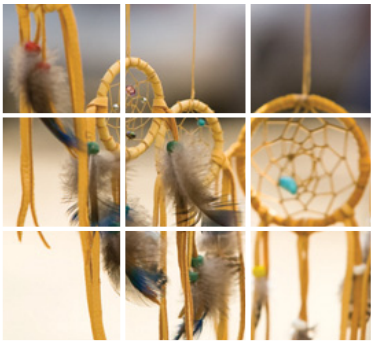
The point of these debates is to ensure that all those with a stake in the development have a say in a neutral and transparent environment. In the current context that includes the general public, environmental groups, the mining industry, unions, professional groups, First Nations and Inuit communities, as well as federal, provincial and municipal policy makers.

Quebec unveils new budget

On March 20, Quebec Finance Minister Raymond Bachand unveiled his 2012-2013 budget to the National Assembly in Quebec City. The budget is characterized by its lack of tax increases and the focus on the Plan Nord.

The budget outlined the path to fiscal balance by the year 2013-2014 and to promote growth in jobs. The government is creating a new agency called Ressources Québec which will invest $1 billion to purchase shares in the mining and oil industries.

Quebec will also invest $85 million to improve the tourism industry as well as $35 million over two years to go into the development of national parks and territories. Cultural heritage will receive in total $95.5 million to promote museums and diffusion of digital culture.



gowlings' aboriginal law group
wishes you a happy spring cultural break!

ᑲᐅᑦᓂᔪᓐ ᐃᓕᓴᐅ ᐃᓱᓪᓗᓂᑯᐅ ᐊᐱᑎᓯᐃᓐᓇᓗᑦ ᐃ ᒥᓱᓴᖏᑎᒍᓐᓇ ᐅ ᐃᑎᑎᖏᑦ ᐊ ᓯᓂᖏᑦᑕ ᐃᓕᓴᐅᔪᖅ!

gowlings
Gowling Lafleur Henderson LLP • Lawyers • Patent and Trade-mark Agents
montréal · ottawa · toronto · hamilton · waterloo region · calgary · vancouver · beijing · moscow · london · gowlings.com

GOLDCORP

ÉLÉONORE PROJECT

CREATING THE FUTURE!

JOB OPPORTUNITY

Éléonore, a project at the construction stage located specifically in the James Bay territory of the Nord-du-Québec region, has been the property of Goldcorp since 2006. The company is currently building several infrastructures and conducting engineering studies in order to turn this project into a world-class mine. Goldcorp is committed to the principles of sustainable development, which guarantee the prosperity of the company's partners and the communities with which it interacts.

In order to support the advancement of the important Éléonore mining project, Goldcorp is seeking the expertise and valuable knowledge of the inhabitants of the region to fill several mining positions. The Éléonore project team is looking for energetic, proud and, above all, motivated people who want to take part in a global project.

Join us and participate in the development of this project!

TRANSPORTATION AND LODGING AGENT - réf. : 10-021

Reporting to the Transportation and Lodging Supervisor, the Transportation and Lodging Agent is responsible for reserving flights and arranging lodging for employees. He must manage the rooms at the location of the mine and plan arrivals and departures by plane. He must also produce reports, answer the phone and prepare summaries. In addition, he must be resourceful, autonomous and respectful of confidentiality.

The suitable candidate must have a college diploma in office automation or a vocational diploma in secretarial studies along with one to two years' experience in the administrative field. He must be comfortable in multicultural environments and have a good knowledge of the Microsoft Office suite. Bilingualism (French and English) is a requirement, and knowledge of the Cree language is a major asset.

The work schedule consists of seven days of work followed by seven days off. The position is based at the location of the mine.

Interested qualified candidates should send their resume by E-Mail before April 16, 2012. Candidates must mention the posting reference number.
Goldcorp – Éléonore project . Human Resources Department
Opinacajobs@goldcorp.com

Goldcorp – Eléonore project support the principle of equal acces to employment. We thank all applicants for their interest. However, we will only contact those selected for an interview.

GROWING PEOPLE
GROWING SAFETY
GROWING PARTNERSHIPS
GROWING MARGINS
GROWING RESERVES
GROWING PRODUCTION

RESPONSIBLE . RESPECTED . WELCOMED

THE BEST-POSITIONED SENIOR GOLD PRODUCER.
GROWTH LEADER ➤ LOW-COST PRODUCER ➤ OUTSTANDING BALANCE SHEET ➤ LOW POLITICAL RISK

www.goldcorp.com
opinacajobs@goldcorp.com

Seniors will benefit from the current budget as health services will be improved thanks to a $2.3 billion cash infusion. Plus, $76 million is being allocated to programs to keep seniors active in the community for longer as well as aiding in the transmission of knowledge from seniors to the general public.

The budget also touts Quebec as the most environmentally friendly place in North America. In order to ensure Quebec's active role in maintaining its green position the government has introduced a second Climate Change Action Plan with investments of around $2.7 billion in order to help encourage Quebec to become even more sustainable.

Tax tip for gas

With tax season rolling in, it is easy to get lost in a sea of numbers. Now a question on everyone's mind is "what should I be getting back for off-reserve fuel purchases?" Well, I know it is on my mind.

Whenever you purchase fuel off the reserve, all you have to do is fill out the CA-90 tax return form and you'll be refunded the entire tax on your fuel purchases. So for most areas around the First Nations territory, the tax is $0.1155 per litre of gasoline and $0.1338 for non-coloured fuel oil. It gradually goes up for every five kilometres in distance from the reserve.

All that needs to be worked out is how many litres were purchased and then the tax return can be easily calculated. In different areas of Quebec though the rates differ but not by much, the regular rate for the entire region is $0.1620 and $0.1720 for non-coloured fuel oils.

Missing Mistissini men return home

It's always risky going out into the bush for some good old-fashioned hunting. With the snow melting, even experienced hunters risk getting trapped due to the changing conditions.

On March 16, three men from Mistissini went out late at night to bring over supplies to their goose camp by ski-doo. Bradley, Andrew and Freddy Mianscum never reached the site as they were trapped on an island.

By March 21, local police were notified that the Mistissini Band Council was sending a plane over the area to search for them south of the LG4. The case was then transferred over to the SQ based in Raddison as it was in their jurisdiction.

The plane was grounded the first day due to heavy fog, as was a helicopter that they had on standby to help with the search. The three were finally located on March 22, and were brought back to Mistissini by the plane.

They had a bush radio but since they never made it to the camp, they could not use it and were left stranded on the island. There were no injuries reported among the three men.

Quebec smokers launch $27-billion lawsuit

The landmark class-action suit representing over 1.8 million smokers against Imperial Tobacco Canada, JTI-Macdonald Corp. and Rothmans Benson & Hedges is currently being held in Montreal.

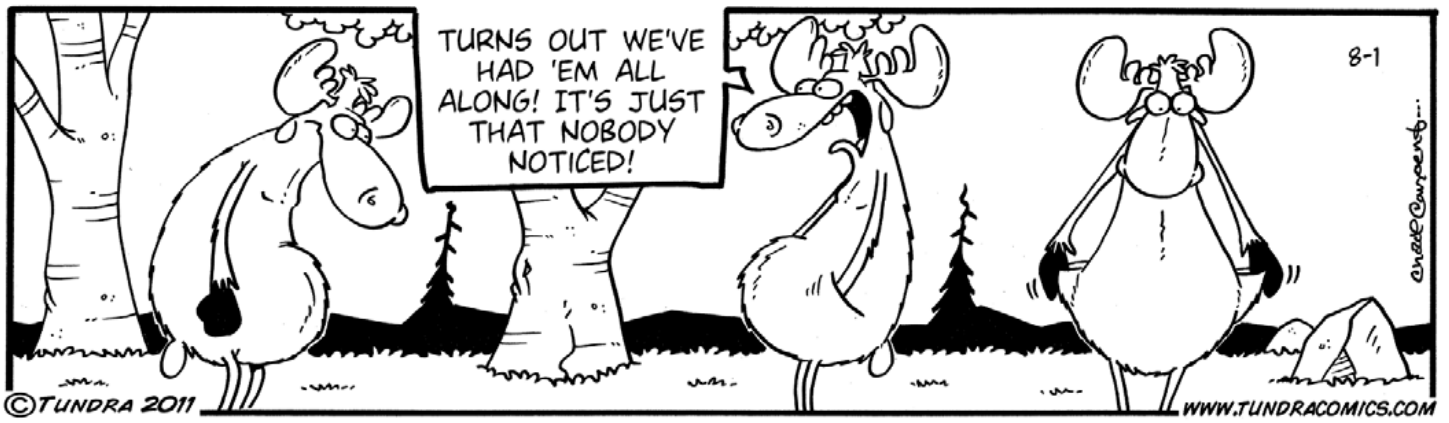
The case represents two classes of plaintiffs, those who have contracted smoking-related illnesses and those who are unable to quit.

Approximately 90,000 members who smoked at least 15 cigarettes a day for five years and have contracted emphysema or cancer of the throat, larynx or lungs after 1998 are seeking $105,000 each.

While 1.8 million smokers who claim they have an addiction and are unable to quit are demanding $10,000 each.

If you are a potential claimant, you may fill out the class action form online at cqts.qc.ca/recours

Comic strip courtesy of Tundra Comics: www.tundracomics.com



North-South connection

Victoriaville students celebrate the 10th anniversary of Waskaganish visits

Story by Pierre Coulombe Photos by Katherine McCrae

It was in early 2002 that Rock Tourigny made his first contact with Waskaganish. A spiritual group leader from Victoriaville, Tourigny wanted to provide his high school students with a unique cultural exchange with a northern Native community.

Tourigny's initial phone call was answered by Waskaganish administrator Gerti Murdock and passed on to the three Stephen sisters – Lucie Trapper, Valerie Jonah and Barbara Blackned – who took it on as their personal mission to host the young Victoriaville visitors that year, and for years to come.

Tourigny's hometown of Victoriaville-Arthabaska is located in Quebec's Bois-Francs region, which is situated between Montreal, the Eastern Townships and Quebec City. Although geographically distant from the large urban centres, this town of 40,000-plus is famous for its high-quality wood industry, especially hockey sticks, and for being the home of Wilfrid Laurier, Canada's seventh prime minister.

The Stephen sisters did a good job updating these young visitors' perception of Native customs and the Cree way of life. Lacking any previous experience, the sisters were resourceful as they improvised the way through much of the first 2002 visit. They managed to make quick arrangements and had the students visit their father Billy's camp where the visitors were able to participate in domestic activities and learn about daily life. Rodrigue and Edna Jonah showed the newcomers how to skin a rabbit while Lucie Trapper showed them how to make a baby hammock. The Elders also played a big role in greeting the visitors by sharing their knowledge on various aspects of Native life, ranging between the spiritual and material realities.

The strong bond was forged between the Victoriaville students and the local community and was somewhat reminiscent of the partnership that once existed between Natives and Europeans in a purely domestic sense. We know that the well-being of the early settlers was greatly improved with the help and advice of the Native people.

This first encounter left everyone willing to repeat the experience the following year. The visitors have since been paired with students in the French-language program at Wiinibekuu High School. Annie Brisson's Sec. 2 French class has been given that role since 2010.

Day 1, The Greetings – The program has evolved since its original 2002 format. The 2012 edition, held March 12-15, kicked off on the Monday with the usual greetings and a ceramics workshop under the guidance of Ingrid MacNeil. This was followed by a Cree

Evening in the school auditorium with Native tales and songs highlighting the language of the Cree people in various creative ways.

Day 2, Feast Day – The youth started their second day with a visit to the Cree Trappers' Association headquarters and then walked over to the Mitshuap where Native cooks were busy preparing a variety of wild meats that few southerners have tasted – beaver, moose, caribou and rabbit were on the menu this year. All this activity at the Mitshuap culminated in a feast, which was held in the youths' honour later that evening at the Gathering Place. Each participant received a beautiful windbreaker coat to mark this special anniversary.

During the evening Ricky Jolly was asked to carve a moose head and share his know-how on snowshoe making. Lucie Trapper showed the guests how to stuff and decorate a goose head, which is done traditionally to symbolize the ¨first hunt ¨. The visiting teens were then entertained by Henry Weistche and his associates, who delighted them with Celtic music, reels and jigs from traditional European music.

The highlight of the evening came when all the participants paid a moving tribute to the late Josephine Diamond, a beacon of light and culture, who charmed the contingents of southern visitors over the years with her wisdom and knowledge of traditional medicine. She had prepared a special present for Tourigny, who she had gotten to know very well over the 10 years. Josephine had filled the box with a variety of small Cree artifacts: moccasins, miniature snowshoes, little bear skins and caribou baby mittens. It was presented to the speechless Tourigny in front of a delighted audience. Tourigny will add all these precious objects to the small Cree museum he has put together down South. It was a fitting way for Josephine to say her final farewell. She joined the late Patrick Stephen and the late Ernie Diamond who have also returned to the Creator during this decade of cultural exchange.

Day 3, Snowshoe Day – The First Traditional Snowshoe Walk took place on the Wednesday for the local Grade 1 and 2 students from École Annie Whiskeychan Memorial Elementary School. The young walkers, dressed in clothes from another era, left everyone utterly enchanted as they made their way along the riverbank simulating various chores from days of old, pulling sleds and beavers on the snow while heading towards the Mitshuap. The visitors were grateful as they witnessed this event for the first time. The organizers made sure to have this year's visit coincide with the snowshoe walk.

The visitors spent the rest of this perfect day in the Sabtuan by the Mitshuap in the company of Elders and eventually slept over with Romeo Blackned as their guide. The weather this year was mild compared with other years. In the past, Tourigny's groups have been exposed to harsh weather conditions, like -40 temperatures.

Day 4, Circus Day – On the last day, the visitors had their chance to give back what they had received by entertaining the local youth from the elementary school with a series of small circus acts to everyone's delight. Reggie Hester and Suzan Erless (backed up by Janie Salt and Clara Shecapio) opened the Cree Culture rooms in the afternoon and showed the visitors more items of the Cree diaspora.

Many thanks go to the sponsors – Trimline Canada (coats), Waskaganish Sibi Ayimuweyabi CJRH 92.5 FM, Siibii Inc., Northern Store, Waskaganish Band Council, Kanio-Kashee Lodge, Elders' Council, Youth Council, Cree Trappers' Association, Waskaganish Water Plant, Nordec Eau Inc., Syndicat des Métallos and the Wiinibekuu School Parents Committee. Special thanks to Annie Brisson and the Sec. 2 French class from Wiinibekuu School who spent hours working to ensure the comfort and well-being of our guests.

To all Cree of Eeyou Istchee, we wish a Happy and Safe Goose Break!

ᒥᔨ·ᐊ ᐃᔨᔨᐅᐳᑊ ᐊᓂᑦ ᐃᔨᔨᐤ ᐊᐠᑭᐣᑊ, ᒪᐱᑯᐠᔨᒥᑎᓀᓱ ᑊ ᒥᐠᔨᖏᑎᒪᑯ ᑭᐠ ᑊ ᐃᐠᑮᒥᔨᐠᑯ ᑊ ᓄᑭᐱᔨᐠᑯᐊᓂᐠᐃᑊᐤ!

Wachiya from SEBJ/Hydro-Québec

Geoffrey Kelley

Geoffrey Kelley
Ministre responsable
des Affaires autochtones

Bon et heureux *Goose Break*!

Voici venu le temps de fermer les salles de classe et les bureaux, d'éteindre les téléviseurs et les ordinateurs. Le printemps est arrivé et, avec lui, l'une des plus formidables traditions cries : la chasse à l'oie.

Chaque année, lorsque les oies commencent à se montrer le bout du bec sur le territoire de la Baie James, le *Goose Break* annonce deux semaines de vacances en famille, où petits et grands quittent leurs villages pour gagner leurs camps. Ils sortent s'imprégner de la nature, replongent dans les coutumes ancestrales et s'adonnent à la chasse. Il s'agit d'un moment idéal pour transmettre des connaissances aux plus jeunes. Ils sont ainsi des témoins privilégiés de la richesse et de la splendeur de la nature.

Nous souhaitons à tous les Cris d'Eeyou Istchee les plus belles conditions printanières possible pour profiter de ce temps d'arrêt bien mérité. À tous, bon et heureux *Goose Break*!

Happy Goose Break!

Drop whatever you're doing, empty the classrooms, head out of the office, and turn off the television and computer. Spring is here, and with it one of the greatest Cree traditions: the goose hunt.

Every year, as soon as the geese start honking in James Bay territory, Goose Break opens two weeks of quality time with the family, when the young and young at heart leave their villages for their camps to immerse themselves in nature, reconnect with their ancestral customs, and hunt. What a perfect opportunity to teach the children as they witness the richness and splendour of nature.

Here's wishing all Eeyou Istchee Crees wonderful weather for this well-deserved downtime. Happy Goose Break!

ᐊ ᒥᔨᖏᑎᒪᑯ ᐊ ᐃᔨᐱᔨᓱᐊᓂᐠᐃᑊᐤ!

ᐊ ᐱᑭᑎᓂᒥᓇ ᒥᑯ ᐊᓇ ᐊᔨᓇᑯ ᐊ ᐃᐢᑎᔨᓇ, ᐊ ᐃᐃᔨᓇ ᑭᔨᑯᑎᒐᑭᒥᐢᐢ, ᐊ ᐃᐃᔨᓇ ᒥᔨᓂᐢᐃᒪᑭᒥᐢᐢ, ᐊ ᑭᐱᐢᐊᒥᓇ ᖹ ᑎᖹᔨᑦᐢᐊᔨᐠ ᑭᔨ ᖹ ᒥᔨᓂᐢᐃᒪᐱᔨᐠᑯᓰ ᔆᔆ ᔨᑯᓇ, ᑭᔨ ᐊᐅᐤ ᐊ ᐅᑎᐢᐊᔨᐠ ᐊᔨᓇ ᒪᐅᐤ ᖹ ᒥᔨᖏᑎᒪᑯ ᐃᐠᔨᓇ ᐃᐢᐢᓇᐠ: ᐊ ᐸᒥᐱᔨᓱᐊᓂᓂᐠᐃᑊᐤ

ᐊᔨᑯᓂ ᔨᑯᓇᐢ, ᒥᔆ ᐱᖹᐢᑦᑯᓂᐢᐢ ᓂᔨᑭᖹ ᐊᓂᑦ ᚢᐃᒥᔦ ᐯᐃ ᐊᐢᐢ, ᐊᑯᑦ ᐊ ᐊᐱᐢᐃᔨᐠ ᐊ ᐸᒥᐱᔨᓱᐊᓂᐠᐃᑊᐤ ᓂᔆ ᑐᐃᔆᑦᓇᐢ ᖹ ᐊᐢᐢᓇᐠ ᐊᔨᓇᑯᐢᐢᐊᓇᐢ, ᖹ ᐊ ᒥᔨᖏᑎᒪᑯ ᐊᓇᐢᐢᐊᓇᐢ ᐊᔨᓇᑯᐢᐢᐊᓇᐢ ᖹ ᐊᔨᓇᑯᐢᐢᐊᓇᐢ ᐊᔨᓇᑯᐢᐢᐊᓇᐢ ᐊᔨᓇᑯᐢᐢᐊᓇᐢ

More northern treasures

Here are two more mining companies that are operating in Eeyou Istchee

Stornoway Diamond Corp.

Vancouver, BC-based Stornoway Diamond Corp. is set to open Quebec's first diamond mine with its flagship project, the Renard development. The firm recently concluded an agreement with Scotiabank to inject $15 million to kick-start the project, and the first gems will be ready to ship by 2015 if all goes to plan.

A feasibility study conducted by the company released late last year estimated that the Otish Mountains contained about $4 billion worth of diamonds. Cooperation between Stornoway and the Quebec government on building the $330 million extension of Highway 167 was one of the first steps towards making Premier Jean Charest's Plan Nord a reality.

The company has two further diamond exploration projects within the boundaries of the James Bay and Northern Quebec Agreement (JBNQA) jurisdiction: Aeon and Consorem, both north of the Renard development. The Aeon claim, owned outright by Stornoway, was made in April 2011 and granted by the Quebec government three months later. Consorem is a joint venture between Stornoway, Aurizon Mines of Vancouver, Quebec City-based Mines Virginia and SOQUEM, a provincially owned mining company. They have projects further afield, both in northern Canada and the African country of Botswana.

The brainchild of pioneering woman entrepreneur and geologist Eira Thomas, Stornoway was the result of a merger 10 years ago. It helped turn Canada into the world's sixth biggest diamond producer according to a joint report by mining giants De Beers, Rio Tinto and BHP Billiton.

Canadian diamonds have been highly sought after by conscientious consumers looking for an alternative to conflict diamonds, gems of dubious provenance whose profits have been used to fuel dictatorships and wars. Stornoway itself has a "whistleblower policy" obliging any employee of the company to report shady dealings. They have also set aside funds for the revitalization of the area after the diamond deposits are exhausted, estimated to be between 2035 and 2040.

For more info:
www.stornowaydiamonds.com

By Shaun Malley

Wemindji Exploration Inc.

Wemindji Exploration Inc. has big plans, both for mining exploration and for the company's future.

Founded in 2000, during a staking rush for diamonds, the company is 100% Cree-owned, belonging to the Tawich Development Corporation on behalf of the Cree Nation of Wemindji.

"The company was created first to encourage locals to have their own exploration projects," said general manager Mary-Carmen Vera. "In 2000, there were companies in the area exploring for diamonds, and the purpose of Wemindji Explorations was for the people of Wemindji to be involved – either in joint ventures with companies there, or just to get people working in the field."

Over the past 12 years, interest in diamonds has dissipated and companies looking for diamonds have left. However, as the interest in gold has risen along with its selling price, Wemdindji Exploration has shifted its focus to exploring for gold and other valuable metals.

Working in concert with Quebec City-based Virginia Mines, which discovered the Éléonore gold deposits and sold them to Goldcorp for the development of the Éléonore Mine, Wemindji Exploration is accelerating the search for gold in the area.

"The idea is that if we find a good prospect, we'll have that project go public," Vera said. "If we create a public company that will be listed along with other companies in the mining industry, that will make us the first 100% Cree-owned exploration company in history to be publicly listed."

Supported by the Cree Mineral Exploration Board, Wemindji Exploration is eager to expand explorations throughout the Cree territory.

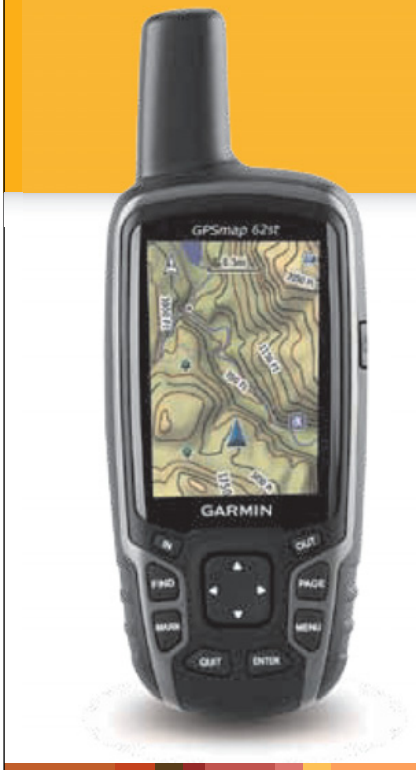
"We're ready to work together with other communities that want to open exploration companies," said Vera. "It's very positive that Crees are involved in the mineral exploration industry. There's a lot of opportunity in the territory. It's true, there are other companies working there too – we cannot tell them to go away, because they're there. The good thing is that the Crees are getting involved and they're going to work in this industry, in the best way for their people."

Vera recognizes that the first steps will involve a great deal of work, but she is ultimately optimistic.

"For now," she said, "we have Wemindji, but there are probably going to be new companies created in other communities. In the long term, as more and more communities have companies, then we will be able to have joint ventures between companies that are entirely within the Cree Nation. The process is going to be a positive development for the whole Nation. It's a challenge, but if we succeed, it's going to be a Cree success."

For more info: www.wemex.ca

by Jesse Staniforth



Hydlo and FRIENDS Online

Choose your favorite video on our Web site and you could win a GPSMAP® 62st Garmin handheld navigator.

Rugged, high-performance handheld GPS with 3-axis compass and detailed topographic maps of Canada, this handheld navigator will be appreciated by hunters and fishermen alike. A $500 value.

Visit **www.hydloandfriends.com** or scan this QR code.

The contest will run from March 14 to April 22, 2012 and is only open to residents of the Aboriginal communities of Eeyou Istchee who are 18 years of age or older. One entry per participant. The prize will be drawn and the winner announced on April 25 at 8:30 a.m., during the broadcast of the Hydlo and Friends program on JBCCS.

A political tug-of-war

Though new houses have arrived in Attawapiskat, residents are still homeless

By Jesse Staniforth

The one fact that everyone can agree on about Attawapiskat is that the 22 modular homes sent by the federal government have all arrived in the community, and that no one is living in them.

Following the band council's declaration last October of a state of emergency due to the housing crisis, the first home arrived February 11 over the seasonal ice road from Moosonee, where the 22 homes were sent in December. The rest have since arrived, though they remain in various stages of installation. Some are on lots, with plumbing installed. Others are still in the service lot waiting to be brought to their new location. None have electricity hooked up, and none are occupied.

Depending on who you ask, there are different reasons to explain the housing situation.

Charlie Angus, New Democratic Party MP for Timmins-James Bay (the riding that includes Attawapiskat), said that the lack of hydro is due to the community's ongoing conflict with Jacques Marion, the third-party manager imposed on Attawapiskat by Ottawa.

"There was a battle about having the third-party manager pay for the hookup to hydro," Angus said, "so the hydro hasn't been hooked up yet."

Attawapiskat Deputy Chief Gerald Mattinas said the difficulty in getting the houses installed has more to do with the pace of work in the North.

"That's politics. I don't listen to those guys," said Mattinas. "I live here. I see what happens every day. It's not like in the city, where you can get service any time you want to hook your house up. Here, you have to do the digging to get water pipes in and set up your hydro. These houses aren't pre-sited. You have to search where water use is closer, and stuff like that."

Mattinas went on to explain that, for the time being, the victims of the housing crisis that rose to national attention between October and December 2011 are housed in two places. Some are in the Healing Lodge, three miles to the west of the community, while others are in trailers that the De Beers mining company donated to the community after using them as a mining camp.

Jan O'Driscoll, press secretary to Aboriginal Affairs and Northern Development (AANDC) Minister John Duncan, said, "The homes are in the community, and we're really happy that the community is working toward getting them plugged in. To get that many homes over the ice road, says a lot about what people can accomplish when they're working together."

Charlie Angus doesn't see it so brightly.

"Okay, so they sent 22 trailers for people living in tents," he said, "but what about everybody else who doesn't have proper housing? That was a short-term solution. We're concerned that the government's walking away on the issue, saying, 'We've fixed your problems, don't complain anymore.'"

Mushkegowuk Grand Chief Stan Louttit agrees that the housing crisis extends far beyond the 22 modular homes provided by the federal government.

"There's another crisis waiting to happen," Louttit said, "and that is the existing trailers that were provided back about seven or eight years ago when the sewage backup happened in the community. De Beers provided some trailers, and there's 90-plus people living in those trailers. They've got small 10x10 rooms, with up to four or five people living in there. Grandparents, grandkids, married people with two kids, a washer and a dryer and a stove. 90-plus people living in those conditions? It's ridiculous. That in itself is going to be exploding very soon. So there's a crisis within a crisis."

Meanwhile, the band council continues to oppose the presence of Marion, who was brought in by the federal government to take over financial control of the band's affairs. From the beginning, Chief Theresa Spence was unambiguous in her rejection of Marion's authority

over the community she was elected to lead. In early February, modular homes the houses began to arrive, a federal court blocked the band council's attempt for an injunction against the third-party manager. On April 24, the federal court will hear a judicial appeal to reverse his assignment to Attawapiskat.

"The community opposed a third-party manager," said Angus. "So what the government did was they cut off the funding to education. Which I find really disturbing: again, it's the principle that when it comes to anything that happens under Indian Affairs, education and students can be held hostage. They cut off education dollars in this desperately poor community for over two months, and pretty much bled the community

ADC
ASSURANCES ABITIBI

1100, 3e Avenue Ouest
Val-d'Or, QC J9P 1T6
Tel: (819) 825-8673
Fax: (819) 825-9157

Toll free:
1-800-463-8673 ext. 231
danytrottier@adcabitibi.com
www.adcabitibi.com

ADC Insurances Abitibi at your service for over 50 years.

We can take care of your insurance needs:
- Automobile – Optimized for the James Bay territory.
- Life Insurance
- RRSP

Come and talk to us, we have the solution for you.

PETRONOR
www.petronor.ca

Distributor of petroleum products and lubricants in the James Bay Territory.

Services:
- Delivery of petroleum products in bulk
- Aviation fuel
- Rental of movable tanks

Products:
- Unleaded gas, clear and colored diesel, stove oil, Jet-A, 100LL and lubricants.

Addresses:

Radisson Depot:
Tel.: (819) 638-8222
Fax: (819) 638-7107

La Grande Rivière Airport:
Tel.: (819) 638-4547
Fax: (819) 638-4547

EM-1 Construction Site:
Tel.: (819) 865-2045
Fax: (819) 865-2039

Sarcelle Construction Site:
Tel.: (819) 672-2358
Fax: (819) 672-2411

Chisasibi Gas Station:
Tel.: (819) 855-2427
Fax: (819) 855-3462

Administration office:
Tel.: (819) 824-5505
Fax: (819) 824-5420

AUTOMOBILE BARRAUTE
CHRYSLER DODGE Jeep

Your consultant: Yvon St-Pierre
yvonstpierre@barrautechrysler.ca

No. 1 Dealer in Eeyou Istchee.
To fulfill your needs!
819-825-0880

2012 Dodge Ram Long Horn

2012 Dodge Grand Caravan Crew

215, 3eme Avenue, Val-d'Or, Quebec • 1-888-250-7081 • barrautechrysler.ca

CHRYSLER DODGE RAM Jeep

dry to force compliance with a third-party manager. It's the kind of thing that maybe you'd see in the 19th century with a colonial administration, but this is happening in 2012, in Canada."

Angus argued that the assignment of the third-party manager, who was to bill the community $1,300 per day, was intended to punish the community for making Ottawa look bad.

"This is about punishment. People can't forget the storyline here," Angus said. "This is a government that knew of this crisis for over three weeks, were doing nothing on it, and then it blew up as an international embarrassment and the Red Cross had to send emergency aid. The day the Prime Minister went after supposed financial improprieties – that he has not been able to verify at all – was the day the Red Cross landed in Attawapiskat. Harper stood up and said, 'We gave every man, woman and child in that community $50,000. Where did they spend it?' But they hadn't given them $50,000. He was adding up numerous years of spending and it suddenly became okay for Harper to put a price tag on the heads of Indians, which he would never do to any other Canadian citizen."

Louttit is more measured in his response.

"I don't know if I would go as far as to say 'punishing' the community," he said. "That's [Angus'] word. I think what happened was that the minister and the Prime Minister were being overwhelmed by public pressure, being bombarded by opposition in the house, and being attacked in the media – they didn't look very good. So the way they dealt with that was they took another strategy, which was to blame the community. Instead of standing up and saying, 'We need to work with the community', they turned it around and they said, 'The community has misspent money. They don't know how to manage their affairs.' And all of a sudden, before you knew it, the public opinion was against Attawapiskat. So their strategy kind of worked."

Louttit pointed out, however, that in a sense the government's tactic helped Attawapiskat by encouraging them to make their finances public.

He said, "They started posting financial statements on their website and telling the government, 'If you think we misspent, audit us!' So they did some good things in that regard, I believe, by countering that attack."

Marion still has his appointed power over the community, and Mattinas is not happy about that.

"I can't comment on it right now because of the case coming in on April 24," he said, "but we'd just like to be able to do our own way, the way we do things, and not have someone to withhold the plans for what we want to do with the community."

Marion, reached in Winnipeg, said, "Unfortunately, we are not at liberty to discuss anything pertaining to our clients."

All of the conflict aside, what worries Louttit is the future of the buildings in the community.

Referring to the trailers housing 90 members of the town's inhabitants, he said, "This was supposed to be a temporary fix seven or eight years ago, but like everything else that the government does, when they say temporary, most often it becomes permanent. Like the portables. When the school burned down, they put trailers in and said, 'This is only for a while. Don't worry, it's temporary.' Then temporary became 20 years. You can't deal with situations like that. You need to find sustainable solutions, you can't put up with band-aid fixes."

One of the most troubling points of the crisis, for Louttit, is that it occurred at a time when Attawapiskat was finalizing a 20-year housing and infrastructure plan, designed to permanently solve housing problems over the next two decades.

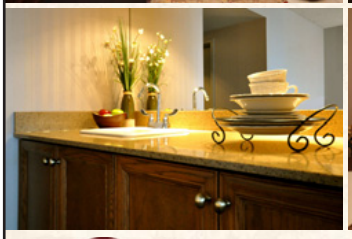
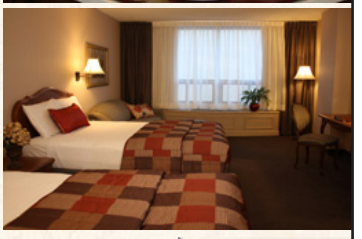
"They submitted that 20-year plan to AANDC in the latter part of the crisis, about two months ago," he said. "And as far as I know, as of this date, AANDC has not even acknowledged or responded to that proposal. If I were AANDC, I would say, 'Look, there's certain parts of this proposal we think we can work with you on immediately, there's some other parts that will take a little bit longer, but the important thing is that we'll work with you over the period of time it takes.' But they didn't even acknowledge it. I hope they're still willing to work and sit with Attawapiskat in the spirit of cooperation and partnership to try to work toward solutions."

Mattinas is more concerned with solving the immediate problems.

"By the end of the year," he said, "hopefully the situation will be different. The victims [of the housing crisis], hopefully we can accommodate most of them, that's all."

The Nation contacted the office of AANDC Minister John Duncan for this story. His staff said Duncan would be unavailable for interview, but they would contact us if some other member of the communication team was able to speak with us. Otherwise, they said, they would send an information package explaining the minister's positions on the issue. As the Nation went to press a week later, they contacted us again to say they were still processing the request.

"OKAY, SO THEY SENT 22 TRAILERS FOR PEOPLE LIVING IN TENTS," HE SAID, "BUT WHAT ABOUT EVERYBODY ELSE WHO DOESN'T HAVE PROPER HOUSING? THAT WAS A SHORT-TERM SOLUTION. WE'RE CONCERNED THAT THE GOVERNMENT'S WALKING AWAY ON THE ISSUE, SAYING, 'WE'VE FIXED YOUR PROBLEMS, DON'T COMPLAIN ANYMORE."

HÔTEL DU FORT
MONTRÉAL

Hotel du Fort

Our entire team is
wishing you an amazing
Goose Break!

1390 rue du Fort, Montreal, Qc H3H 2R7
(514) 938-8333 or 1-800-565-6333
www.hoteldufort.com

Wachiya!

Distribution Nord-Select

• HUNTING • FISHING •
• GENERAL STORE •

Have a happy and safe goose break.
ᑌ ᒥᔅᓴᓐᑎᒃ ᑭᔅ ᑌ ᐃᔅᑐᒥᔅᓴᓐ ᑭ ᑌ ᐅᑎᓐᒋᐱᔅ ᑌ ᔑᒪᐃᔅᓯᔅᐊᓂᐦᐃᓐ

We have everything you're looking for to get ready for Goose Break.

BIG FOOT the Decoy

WE'RE THE #1 STORE FOR ALL YOUR NEEDS
C.O.D. TO JAMES BAY COMPETITIVE PRICES

nancy@nord-select.qc.ca • 4 rue Nottaway, Matagami
819 739 3883

SECRÉTARIAT AUX ALLIANCES ÉCONOMIQUES NATION CRIE ABITIBI-TÉMISCAMINGUE

SECRETARIAT TO THE CREE NATION ABITIBI-TÉMISCAMINGUE ECONOMIC ALLIANCE

In collaboration with

Ville de Val-d'Or

The Cree Mineral Exploration Board / Conseil cri sur l'exploration minérale

Grand Council of the Crees

CONSTRUIRE LE NORD
BUILDING THE NORTH
un colloque minier / a mining conference

MAY 31 TO JUNE 1 2012

Registration
www.creenation-at.com
819.824.9888
reception@creenation-at.com

Location
Hôtel Forestel,
Val-d'Or
(Québec)

EVENT UPCOMING:
8th annual First Peoples Symposium
FIRST PEOPLES AND EMPLOYMENT:
TRAINING, COOPERATION, AND CANVASSING
May 29, 30 2012, Val-d'Or campus
For more information: www.uqat/ccp or 819 874-8728

Université du Québec en Abitibi-Témiscamingue

Commission de développement des ressources humaines des Premières Nations du Québec / First Nations Human Resources Development Commission of Québec

MAJORS SPONSORS

Association minière du Québec

AEMQ Association de l'exploration minière du Québec

Québec
Pierre Corbeil, député d'Abitibi-Est
Ministre de l'Agriculture, des Pêcheries et de l'Alimentation
Ministre responsable de la région de l'Abitibi-Témiscamingue
et de la région du Nord-du-Québec

No premium?

Health workers tell Quebec health minister to get serious

By Brandon Judd

Members of one of Quebec's largest union federations gathered outside the Ministry of Health in Montreal on March 15 for a rally criticizing the ministry's budget plans for health and social workers in the North.

The Fédération de la santé et des services sociaux (FSSS-CSN) says that $25 million of last year's budget that is supposed to fund an attraction and retention premium for social workers, medical lab technicians, community workers and educators in Northern regions has yet to be allocated. The FSSS argues that this premium is crucial to fully staff health and social services in Northern Cree and Inuit communities.

"About 30% of positions are vacant right now," said Laurier Goulet, vice-president of the FSSS and the union's lead negotiator, his down jacket and gloves insulating him from the afternoon's cold wind. "We want [Minister Yves Bolduc] to act; it's been awhile and these people are waiting for that money."

About 50 people gathered outside Bolduc's office on Union St. in Montreal to show their impatience, waving flags and chanting slogans in French, English and, occasionally, Cree. Their horns and whistles echoed down the concrete canyons of the city's downtown, drawing the attention of passersby. The atmosphere shifted from joviality to mild anger as the music of the early protest faded into speeches. Security guards waited inside the glass doors of the ministry building, but never had reason to do more than stand attentively.

Apart from filling empty positions, the FSSS says an attraction and retention premium would help offset the expenses of living in the North. The union argues the cost of living in the North causes people to move to more urban areas, where the cost of living is far lower. They say this is aggravating their shortage of skilled workers in social services.

"People have to confront these [living costs] when they go there," said FSSS president Francine Lévesque. "The government has done nothing, and keeps trying to [cut costs] on the backs of these people."

Rebecca Swallow, union president for the employees of the Cree Board of Health and Social Services of James Bay, said the absence of the premium has put great strain on the people currently working in Cree communities like Chisasibi and Mistissini.

"Some people are working two jobs at a time right now," she said, shaking her head. "This is the reality. [The government] has the budget, they have the funds to get this going, but they're stalling."

The FSSS says the ministry proposes to use half of this fund for more training programs, to review workers' structure and to invest in tools to promote the Plan Nord. But while the FSSS acknowledges they would benefit from this, Goulet says this plan won't do.

"We don't think [these plans] are a bad idea, but we don't want it funded with our money," he said, his voice rising as if still addressing the crowd. "This money is for the workers, not the employer. Not the government."

Nurses in the north have benefited from an attraction and retention premium since 1999, when it was applied to combat a nursing shortage. The FSSS says this premium, worth between $14,000 and $17,000 annually for each nurse, should be extended to nurses' colleagues in hospitals and other social workplaces. They say they have been asking for parity for 12 years. According to Lévesque, the government promised the $25 million would be dedicated to establishing this premium.

Negotiations started in May of last year and were supposed to wrap up by September, says Laurier. But there still is no decision on the matter. A representative for the Ministry of Health said that, as a matter of policy, the ministry does not comment on any ongoing negotiations. He would not confirm or deny the 30% job vacancy statistic, nor would he speak on the $25 million that the FSSS says was budgeted for the attraction and retention premium.

Stagnating negotiations caused the FSSS to turn to other measures. Its leadership decided a demonstration and further mobilization tactics are needed to bring more visibility to the issue. In doing so, they hoped to make their slogan clear to Bolduc: "It's time to get serious."

Meechum's ready for the Spring Goose Hunt

Come in and check out our prices for all your Spring Goose Hunt needs.

We have the best prices around for shotguns shells of all sizes and makes.

Ask for our special price on a case of shells.

We carry Remington and Challenger brands for you hunting pleasure.

Have a great and safe Goose Hunt everyone!

Meechum Inc. Reg'd, Mistissini 819-923-3217

Beesum communications

Beesum Communications is proud to welcome a new PROMOTIONAL ITEMS Sales Representative in Wemindji. JEREMY BROWN is your link to over 1000 suppliers that get your brand noticed at the most competitive price.

For more information about our merchandising options or for a free quote:
T: 514-272-3077 / 819-978-3188 jeremybrown.beesum@gmail.com
www.beesum-communications.com

By Amy German

Breaking the diabetic link between generations

Can preventing gestational diabetes prevent an offspring's diabetes down the line?

When a woman is pregnant she shares every part of her existence with her unborn child from whatever she consumes to whatever she feels. Now, new research is showing that a pregnant mother with diabetes may also be sharing her disease with her offspring.

According to Dr. David Dannenbaum, an MD at the Cree Board of Health and Social Services of James Bay (CBHSSJB), there is a new theory going around the medical community that if a fetus can avoid being exposed to the abnormal sugars associated with diabetes while in-utero, it may have a stronger chance of avoiding diabetes later on in life.

In approaching the subject matter of gestational diabetes, Dannenbaum said that first it is important to clarify what gestational diabetes actually is as there is some confusion about the disease within the communities.

"The people who get gestational diabetes tend to only develop their diabetes when they are in their third trimester or the last third of their pregnancy. Then there are those who find out that they have diabetes early on in their pregnancy, these are women who had diabetes before they were pregnant but didn't know it. These are people who are considered to have Type 2 diabetes and they have a much higher rate of complications than those who have gestational diabetes," explained Dannenbaum.

> "**BREASTFEEDING WILL LOWER THE RATES OF DIABETES IN OFFSPRING SIGNIFICANTLY.** IF YOU HAVE DIABETES OR HAD GESTATIONAL DIABETES DURING THE PREGNANCY, IT IS VERY IMPORTANT TO BREASTFEED."

According to Dannenbaum, the latest research on diabetes shows that it is an issue for Aboriginal peoples in Canada and around the world, but not just because the rate at which people get it seems to be increasing. There is even greater concern at which age these people are now being diagnosed since patients are getting younger.

"We are seeing complications now in people in their early 20s. The age when people are getting diabetes is getting younger and younger," said Dannenbaum.

Once more, Dannenbaum said that in Eeyou Istchee there seems to be more Type 2 diabetes within women; it is about a 60/40 female-male ratio. While there is currently no information to prove any specific theory, one tendency the CBHSSJB is looking at is how many Cree women tend to get pregnant at a young age and have babies in quick succession without loosing the weight.

"By the age of 25, a woman could have easily had three pregnancies and from that gained 50-100 pounds," said Dannenbaum.

Along with the obesity these young mothers experience, comes diabetes which can have an impact on the developing fetus.

Dannenbaum said the current theory that the medical community is looking at is if a mother can avoid diabetes, she may also be able to prevent her child from succumbing to it during childhood as there is now Aboriginal communities in Manitoba where overweight children as young as eight or nine are developing diabetes.

"It is most likely due to the exposure of sugar which stimulates the baby's pancreas to produce insulin and then to deal with the sugar. It is not the high insulin levels that do it, it is the sugars. It is like resetting the pancreas' thermostat," explained Dannenbaum.

It is in this vein that Dannenbaum and the other medical professionals working for the CBHSSJB are now recommending that women who have gained weight with previous pregnancies try to lose that weight before becoming pregnant again as a means of helping to prevent diabetes in their child.

Dannenbaum's other recommendation: breastfeeding.

"Breastfeeding will lower the rates of diabetes in offspring significantly. If you have diabetes or had gestational diabetes during the pregnancy, it is very important to breastfeed," said Dannenbaum.

For more information on this subject, contact your local health professional.

The Health Food & Green Living Expo

What *the Nation* found that may just be of interest to you

By Amy German

Whereas everybody wants to live healthier and longer and look the best they can while doing so, walking the walk is always a lot tougher than talking the talk.

This is why the *Nation* likes to check out large-scale expositions like the annual Expo Manger Sante et Vivre Vert or Health Food and Green Living show, to check out the latest tricks of the trade when it comes to making your body and your environment both leaner and greener. With hundreds of new foods to taste, cooking demonstrations to take in and product demonstrations to ponder over, now in its 15th edition, the show gave us more than food for thought.

Like any year, the new and emerging trends in nutrition were evident throughout the show room at the three-day event hosted at Montreal's Palais de Congrès from March 16-18. This year "super foods" were the big buzz words as the whole concept of eating smarter by opting for foods with lower calories but higher nutritive value seemed to be everywhere.

Other things that seemed to be riding the nutrition trend, coconut products like coconut sugar, and thick-and-creamy Greek yoghurt were like superstars of the event with all sorts of varieties with just about every bell and whistle available.

Upon entering this year's event, the first thing that we (editor-in-chief Will Nicholls and I) came upon that we enjoyed was Fruit & Fruit brand all-natural granola bars. We sampled the coconut-&-raisin, apple-&-berries and the mango-&-pineapple varieties and thought that all three were great and would make a great snack on the go. This product was ideal as it was without nuts or gluten for those with allergies, had a lovely, vibrant taste, was whole grain and made without any additional sugars so it was just a fun and healthy product to enjoy. For more info: www.fruit&fruit.ca

Next up we encountered something else we also saw a lot of this year: fruit snacks in a squeezable package. This one was Buddy Fruits, a 100% blended fruit snack that is designed with happy-smiley, kid-friendly packaging, ideal for little people to take along to school or out to play. Based in France and produced in Belgium, this product was sweet and treat-like without any sugar and so we would recommend it.

Buddy Fruits also had little fruit snack Pure Fruit Bites as well as a milk-based smoothie. Though we didn't get the chance to try them, we were intrigued, perhaps enough to purchase them in the future to feed small children. For more info: www.buddyfruits.com

Also in the squeezable fruit category, we came across Go Go Squeeze Applesauce on the go. Also from France, it is an all-natural apple puree that comes in four different flavours: apple, apple-peach, apple-strawberry and apple-banana. We tried the apple variety and it was… appley. It is applesauce in a squeezy pack so it is ideal for kids or those that just really like squeezable packaging. For more info: www.gogosqueez.co.

Looking for foods with more consistency, we wandered over to the Raincoast Crisps cracker table. Ultra-hard and crunchy, this fruit-nut-and-seed-filled cracker is the trendiest cracker on the market right now. And, despite the fact that they often retail for upwards of $7 a box, they are actually selling like hotcakes in Montreal because of their aromatic flavours and powerful crunch. With flavours like rosemary, raisin, pecan, cranberry hazelnut or salty date and almond, there is nothing that can compare to this crispy-crunchy-nutty delight – definitely worth the seven bucks if you can spare it. For more info: lesleystowe.com/raincoastcrisps/about/

Still feeling the desire for something crunchy, we discovered GROK, a low-carb crunchy cheese treat from Italy. Made from Grana Padano cheese, GROK is essentially a baked-cheese bite that is crispy, crunchy and totally satisfying. What we liked about it is that it was a lot of fun to eat and incredibly tasty while not being fried. Also, it is made without any preservatives and doesn't need any

refrigeration. We would recommend this product and even bought a bag to take home and enjoy that night... it lasted about an hour after we got home.

If you are looking to perk up your salads with an Asian flavour but aren't sure about how to wing your own vinaigrette,

we sampled some delightfully new salad dressings by San-J that really had a zing to them. San-J's three new salad dressings are all tamari-based (a premium Japanese soy sauce) and came in three varieties: sesame, ginger and peanut. Savoury and exotic, we sampled them on carrots and raw baby spinach and thought all three were great. For more info: www.san-j.com.

Next up we sampled Divine Harvest fruit spreads and were simply enchanted by them. A local Quebec product, these premium jam-like fruit spreads are the ultimate sugar-free jam replacement as they are all-natural, made from organic fruit and taste fabulous. In multiple berry and citrus fruit flavours, these spreads were not only fruity but very sweet and with a hint of tartness. The product also has chia seeds added to it for extra texture and added nutrition with Omega 3 oils. Ideal for anyone watching their weight or their blood sugar, we loved this product. For more info: www.divineharvest.ca

While the show had all kinds of soy drinks and fruity concoctions for just about any ailment, what we liked in particular was Fruit d'Or's cranberry- and blueberry-based juice blends.

Not only were the fruits in these products sustainably developed but the juices were excellent as they were sweet, refreshing and high quality that you could feel it in your bones. The blueberry was fantastic, and tasted like drinking blueberry pie. They also had cranberry-blackberry, cranberry-blueberry-cherry and plain cranberry varieties to sample.

The cranberry-blueberry-cherry has a thickness and tartness that reminiscent of red wine and would make a nice non-alcoholic alternative at a dinner party. For more info: www.fruit-dor.ca

For the purveyor of fine meats, the folks from Boutique des Becs-Fins, a charcutier and fine-meat butcher had their own display of haute gamme meats, sausages and pies.

Becs-Fins' whole angle is that they sell high-end poultry like duck, partridge, quail, chicken and then other items like rabbit, salmon and trout but made into sausages, tourtiere-type pies, pates, rillettes, terrines, fine charcuteries and gourmet-prepared meals but without chemicals. The end result is delightful locally based products that feature artisanal craftsmanship and an old world heartiness. We tried a few different poultry mousse and pates and were so convinced that we brought home a duck pie that was out of this world. For more info: www.becsfins.com

THE WHOLE CONCEPT OF EATING SMARTER BY OPTING FOR FOODS WITH LOWER CALORIES BUT HIGHER NUTRITIVE VALUE SEEMED TO BE EVERYWHERE.

Moseying along through the jam-packed crowd, I was delighted to see Danone's Oikos Greek Yoghurt as there are a lot of new Greek yoghurt products on the market these days and so I had been looking for a really good one. The difference between Greek yoghurt and regular yoghurt is that the Greek variety is strained several more times to remove more water so it is very thick, creamy and significantly higher in protein. This is why you will see it at a higher price as more goes into it.

Danone's new Oikos brand combines very intense tasting fruit with the thick and creamy Greek-style yoghurt to create a product that is rich and bursting with flavour. At 2% milk fat, the product is also very satisfying so you feel like you are getting a big treat but with only 90 calories and a whole whopping amount of calcium. While you would easily eat them for breakfast you could just as easily eat them for desert. For more info: www.danone.ca/

Something else that I was impressed with was Passionbio.ca, an online health-food store for those that don't live anywhere near one. This online store offers over 3000 organic products with everything from meat to veg to cosmetics and just about everything else under the sun that you can buy organically. For more info: www.passionbio.ca

For those who have been looking for a new alternative to sugar, organic coconut-palm sugar was being showcased as one of the newest "super food" finds. They say that this is the new "smart sugar" because it is a sweetener with actual nutritional value. Unlike your regular sugar, coconut-palm sugar prevents the blood sugar crashes that make you hungry and then cause you to gain weight.

It also has a glycemic index that is significantly lower than white or brown sugar and so it is a better choice for those with diabetes or those who are watching their weight. It is very sweet tasting and so it's ideal to make your deserts with it, but it is much better for you and would be ideal to bake with or cook with as it has a similar consistency to regular sugar. Organic Coconut Palm Sugar is available in most health-food stores.

If you really want to taste something revolutionary, Stevia was one of our

HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

ROMEO SAGANASH
Abitibi – Baie-James – Nunavik – Eeyou

Bureau de circonscription
888, 3e ave., Suite 204
Val-d'Or, QC J9P 5E6
Tél. : 819-824-2942 Téléc. : 819-824-2958
Romeo.Saganash.C1@parl.gc.ca

Bureau de Chibougamau
333, 3e rue, Suite 10
Chibougamau, QC G8P 1N4
Tél. : 418-748-7870 Téléc. : 418-748-7413
Sans frais : 1-888-748-7870

Bureau de la colline
Chambre des communes
Ottawa, ON K1A 0A6
Édifice de la Confédération, Pièce 135
Tél. : 613-992-3030 Téléc. : 613-996-0828

Happy Goose Break in Eeyou Istchee

This cultural event is an important part of who we are as members of the Cree Nation. I am happy to take part of this tradition this year! I send all of you my best wishes for a successful and safe hunt.

ᐃ ᒋᐧᐃᓂᐢᑎᑫᓯ ᐞ ᓅᒋᐱᐃᓂᐧᐞᐊᓂᐢ ᐊᓂᑦ ᐃᓂᓂᐤ ᐊᔑᓐ

ᐅ ᐃᓂᓂᐤ ᐃᐢᑐᐢᓯ ᐞ ᐃᔅ ᐱᒋᐱᓂᐢ,
ᐞᓂᐧᐃᑊ ᓀᐣ ᐞ ᒋᔭᑎᐃᐧᐞᐊᓂᐢᑎᐢ ᐃᓂᓂᐅᐢ,
ᓂᒋᐧᐃᓂᑕᐤ ᐃ ᑭ ᐧᐃᒋᐢᐃᐧᐞᐃᐣᐤ ᐅ ᐞ ᐃᔅ ᐱᒋᐱᓂᐢ ᐃᓂᓂᐤ
ᐃᐢᑐᐧᐃᐤ! ᒋᓂᐧᐞ ᒋᐱᑊᐣᓂᒋᑎᓀᐧᐞᐤ ᐃ ᒋᓯᐱᓂᐧᐣᐤ ᐊᐤ ᐞ ᐊᑎ
ᐃᐢᑎᐣᐧᑊ ᒋᐣ ᐃ ᐃᐣᐧᐄᒋᓂᐧᐣᑊ ᐞ ᓂᑐᐢᐅᐧᐣᐧᐞᐃᐣᐧᓭ.

stornoway
DIAMOND CORPORATION

Stornoway wishes a prosperous and safe goose hunting season to all hunters of the Cree Nation!

ᓴᐧᑕᔮᐧᐁᐃ ᐱᑊᐣᓂᒪᐅᐣ ᒋᓯᐧᐞᑊ ᓂᑐᐢᐅᐤ ᐃᓂᓂᐤ ᐊᓂᑦ ᐃᓂᓂᐤ ᐊᔑᓐᐢ
ᐃ ᒋᓯᐱᓂᓂᐢᐤ ᒋᐣ ᐃ ᐃᐣᐧᐄᒋᓯᓂᐢᐤ ᐅᐣ ᐃ ᓂᑐᐱᐣᐧᐞᐊᓂᐢᐃᓂᐢ!

Hélène Robitaille
Manager, Human Resources
hrobitaille@stornowaydiamonds.com
Tel: 418-770-3701
www.stornowaydiamonds.com www.facebook.com/swydiamonds

Office located on the 2nd Floor of Mistissini Sport Centre

TSX:SWY

favourite finds as it is the only all-natural sweetener on the market that has zero calories.

Stevia is similar to all of your regular calorie-free sweeteners and is perfect for diabetics because it does not have any impact on the glycemic index and so there is a sweet flavour but that is it. But, unlike aspartame or sucralose or anything else in that category, Stevia is plant-based, made from the leaves of the Stevia rebaudiana plant and so it is all-natural and not chemically processed.

Now widely available in health-food stores and some grocery stores, at the show we sampled Stevia made by Now Brand. For more info: www.nowfoods.com/

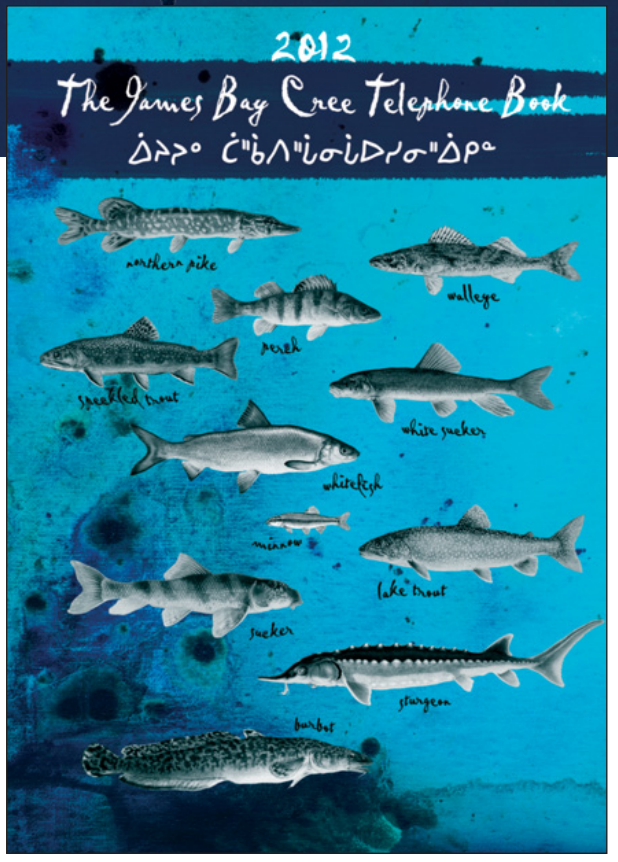
Something that Will Nicholls thought was well-worth mentioning was Salad Express vegetable mixes. These are pre-washed, pre-mixed salads and mixes that would be used to make anything from a soup to a spaghetti sauce to coleslaw. But what is great about them is that they are a healthy convenience for those who are really on the go. Just add salad dressing and serve, or as the person showcasing them suggested, use them in a wide variety of cooking or baking. It is widely available in grocery stores throughout Quebec. For more info: www.saladexpress.ca

Veering over to the greener living aspect of this show, organic baby products were another common feature at this event as parents often tend to think of the kind of world they will be handing down to their children.

In that vein we decided to try out Nature's Baby Care corn-based disposable diapers as there are a great deal of "green" type of diapers on the market but none of them ever seem to get very good reviews.

After running through an entire package we have to say that these are actually a great product. While they may not be as cutesy as the average Pampers or Huggies diaper, the corn-based biodegradable and 100% compostable diaper was actually comparable to its not-so-eco-friendly competitors and we did not see any leaks. These diapers are available at most health-food stores and several online distributors.

And with that concludes the best of what we saw at this year's event. The Expo Manger Sante et Vivre Vert show happens at Palais de Congrès every year in the middle of March. For more info: www.expomangersante.com.



James Bay Cree Telephone Book 2012

The 2012 edition of the James Bay Cree Telephone Book has arrived in your community!

Pick up a free copy at your Band Office

Beesum Communications extends special thanks to the band offices and everyone in the communities who contributed to the production of this year's telephone book.
Without you, this project would not have been possible.
Meegwetch!

Want additional copies?
Each additional copy costs $25 and $11 shipping and handling plus taxes, if applicable.

To place your order or pay by Mastercard, please call 514-272-3077

Or send cheque or money order payable to:
Beesum Communications
4529 Clark St. suite 403
Montreal, Qc. H2T 2T3

Strength in numbers

Val-d'Or's Anti-Racism Week march sees record attendance

Story by Amy German Photos by Paul Brindamour

Bringing together Val-d'Or preschoolers to march alongside busloads of Algonquin Elders and in between, about 1,500 people took to the streets for this year's 12th annual Gabriel-Commanda Walk against Racism.

"We also had an increase in the number of schools that participated this year and the communities of Pikogan, Lac Simon and Kitizagik sent busses of students to participate," explained Édith Cloutier, Executive Director of the Val-d'Or Native Friendship Centre and event organizer.

Between all of the primary and secondary schools in the city as well as the Université du Québec en Abitibi-Témiscamingue (UQAT) and Cégep de l'Abitibi-Témiscamingue, Cloutier said that not only was this year's march participation phenomenal but that there was an incredible week of festivities for everyone to partake in.

With art and craft shows for the very young to conference-style events for academics and the community, the topic of racism and discrimination was broached at every level while Aboriginal culture was also showcased to underline the beauty of diversity throughout the city.

"We are now seeing so many new partners joining in for the week of festivities and activities to sensitize people against racism. I go to all of the events to encourage this and to show solidarity with them," said Cloutier.

As part of the festivities, UQAT hosted a screening of Aboriginal playwright-turned-director Yves Sioui Durand's new groundbreaking film, Mesnak about the downside of reservation life and then hosted a round-table discussion.

This year's focus was on incorporating diversity into the business world and strengthening business relations between the varioius nations within Abitibi-Témiscamingue. To promote their business theme, this year's spokespeople were Salomée McKenzie, Chief of the Lac Simon Anishnabe Nation Council, and Marcel Jolicoeur, Chairman of the Val-d'Or Chamber of Commerce and Development Director at Genivar.

"Our theme was about the richness in the manpower that can be found in the people of this region. There is actually a shortage of manpower in many sectors up here and 60% of the Aboriginal population is actually under

30 years of age. There are so many of them available to occupy these jobs so why are we not seeing more of them working for these business," said Cloutier.

In keeping with this, Cloutier invited Marc Gagnon, Vice President of the Cirque du Soleil, for a one-day conference in Val d'Or about diversity in the workplace as the Cirque employs people from over 40 different nationalities within their 5000 employee workforce and it is seen as a source of enrichment for the company.

"We were very happy to see over 100 people show up for this conference. The event was then followed by a round-table discussion on the topic of racism and discrimination and that also had an excellent turnout," said Cloutier.

The week's activities were capped off by the march, which Cloutier said was bigger, louder, warmer and stronger than ever… and that the unseasonably warm 10 degree Celsius weather didn't hurt anything.

The marchers made their way down Val-d'Or's main strip and then the event culminated with entertainment. This year's performances included traditional hoop dancers and drummers from Lac Simon as well as two rap/hip-hop duos performing works about fighting racism and discrimination.

There was also a signing of what Cloutier described as a "Friendship Declaration", that Chiefs from the Algonquin communities, a representative for Pierre Corbeil, the Minister responsible for the Abitibi-Témiscamingue region, reps from the Mayor's office and many other officials signed on behalf of the people in a show of solidarity against racism.

"After 12 years of doing this we can now see that this movement is really growing and that it is not just one of the Friendship Centre's activities anymore, it has grown far beyond that. It is now a mobilization of a whole community and has become practically a tradition," said Cloutier.

Recall Designs is known for its beautiful hand-crafted wood calls. Our reputation was earned by hunters who find our calls to be the most realistic out there.

We now have a new line of acrylic calls. They have many advantages such as: easy maintenance, stability in various temperatures, powerful sound, and available in a variety of colors. They provide all the sounds of a real goose: honk, cluck, double-cluck, moan, feeding call, and comeback call.

Visit our website for more information and to view our products. Have a great and safe Goose Break!

Please visit:
www.recalldesigns.com

or email me:
realcharles26@videotron.ca

CUSTOMIZED ORDERS AVAILABLE!

Goose Call contest WINNER!

Congratulations to
John D. Archibald
from the Taykwa Tagamou Nation

Thanks to everyone who participated!

Keep an eye out for upcoming contests in *The Nation*.

The Nation and Recall Designs wish you all a SAFE and bountiful Goose Break.

the Nation
www.nationnews.ca

Canadian Environmental Assessment Agency
Agence canadienne d'évaluation environnementale

Public Notice

Route 167 North Project in the Direction of the Otish Mountains

Public Comments Invited on the Comprehensive Study Report

The Canadian Environmental Assessment Agency (the Agency) invites the public to comment on the Comprehensive Study Report for the Route 167 North Project in the Direction of the Otish Mountains located in Quebec.

The Comprehensive Study Report includes the Agency's conclusions and recommendations regarding the predicted adverse environmental effects of the project, the significance of these effects and appropriate measures to mitigate any significant adverse environmental effects.

After this public comment period, the Minister of the Environment will take into consideration the Comprehensive Study Report along with comments received and issue an environmental assessment decision statement.

The Comprehensive Study Report is available on the Agency's website at www.ceaa-acee.gc.ca (registry reference number 10-03-54435). To obtain more information on how to access this document, contact the project manager listed in this notice. The document is also available for viewing at the following locations:

Public Library
650 3rd Street
Chibougamau QC

Isaac Shecapio Sr. Administrative Building
187 Main Street
Mistissini QC

Written comments in either official language must be sent **by April 25, 2012 to:**

Route 167 North Project in the Direction of the Otish Mountains
Canadian Environmental Assessment Agency
Dominique Lagueux, Project Manager
901-1550, d'Estimauville av.
Quebec QC G1J 0C1
Tel: 418-649-6104
Fax: 418-649-6443
route167road@ceaa-acee.gc.ca

All comments received will be considered public and will become part of the project file. This is the final public comment period of the environmental assessment of the project.

The Proposed Project

The Quebec Department of Transportation is proposing to extend Route 167 North, in the direction of the Otish Mountains, approximately 250 kilometres to the northeast of Albanel Lake.

The environmental assessment of this project is being conducted as a comprehensive study under the Canadian Environmental Assessment Act. For more information on this project, please visit the Agency's website at www.ceaa-acee.gc.ca.

The Canadian Environmental Assessment Agency administers the federal environmental assessment process, which identifies the environmental effects of proposed projects and measures to address those effects, in support of sustainable development.

Canada

Free legal advice

Native women's access to legal services limited

by Danielle Rudnicka-Lavoie

The Quebec Native Women Inc (QNW) held a legal clinic on the weekend of March 24-25 to provide First Nations women with free legal services. First Nations women as well as their close and extended families were encouraged to call the QNW's office in Kahnawake using a toll-free number to get free legal advice from lawyers specialized in Native rights.

For the clinic, seven professional lawyers volunteered to answer calls from across Quebec. All seven have an Aboriginal clientele or specialize in Aboriginal rights.

According to Marie-Ève L. Bordeleau, Justice Coordinator at the QNW, the main legal issues facing the First Nations women in Quebec are taxation, criminality, divorce and child protection. "Most questions we received during the clinic were about custody of children, divorce and separation. We also had a few about citizenship rights," stated Bordeleau.

There have been many legal clinics held across Quebec in the past years, but this is the first to focus solely on Aboriginal rights. Bordeleau's volunteer experience in legal clinics organized by the Young Bar of Montreal inspired her to start one for First Nations women. "Due to my involvement as a volunteer I thought it would be interesting to do something similar but specifically for Aboriginal women," said Bordeleau.

The project was in the making for a long time but only took about a month to organize. It was meant to give First Nations women access to free professional legal advice which is not common on-reserve. The geographical isolation of some reserves, partnered with poverty and the lack of sophisticated means of technology can make it difficult for First Nations women to have adequate access to legal services.

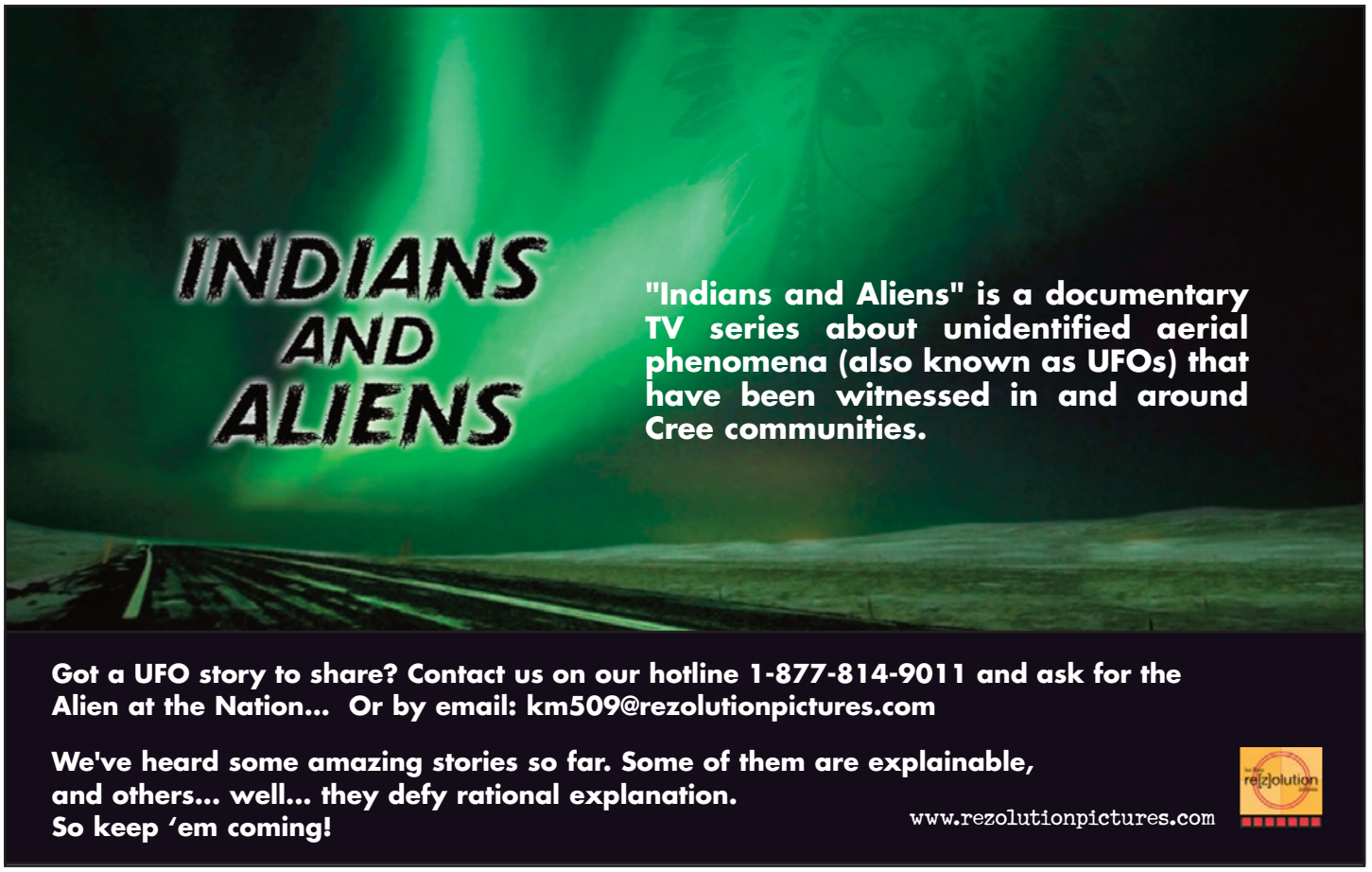
According to Statistics Canada, more than 40% of First Nations women live in poverty, having an average annual salary of $13,000. "In general, Aboriginal women are the poorest part of the population in Canada. For Aboriginal women, access to legal services is hard to get. It's rare that they'll have access to an experienced lawyer for many reasons but mostly monetary ones. I hope that with this project women who have trouble finding legal aid will be able to get it," stated Bordeleau.

The event was considered a success, although the number of calls was much higher on Saturday than Sunday. Bordeleau said she was satisfied that many women benefited from the legal clinic. The QNW plans to repeat the event by organizing a one-day clinic this fall. "The volunteer lawyers were very happy with their participation and would all like to do so in the future for another legal clinic," said Bordeleau.

Bordeleau is also planning other projects to promote First Nations women's access to legal services. Next year she plans to go to several communities across the province to hold information sessions on First Nations rights and make presentations about the legal service offered to Aboriginal women who often are misinformed or lack access to such services. "Oftentimes, women do have access to services but they are not even aware of them. We would like to promote the services available to Aboriginal women," added Bordeleau.

First Nations women are the most disadvantaged people in Canada because of discrimination based on race and sex. Violence, poverty, citizenship, divorce and custody are issues that First Nations women are still victims of today.

> "MOST QUESTIONS WE RECEIVED DURING THE CLINIC WERE ABOUT CUSTODY OF CHILDREN, DIVORCE AND SEPARATION. WE ALSO HAD A FEW ABOUT CITIZENSHIP RIGHTS."


INDIANS
AND
ALIENS
"Indians and Aliens" is a documentary TV series about unidentified aerial phenomena (also known as UFOs) that have been witnessed in and around Cree communities.
Got a UFO story to share? Contact us on our hotline 1-877-814-9011 and ask for the Alien at the Nation... Or by email: km509@rezolutionpictures.com
We've heard some amazing stories so far. Some of them are explainable, and others... well... they defy rational explanation.
So keep 'em coming!
www.rezolutionpictures.com
re[z]olution

Symposium touristique
2012
tourisme Baie-James
Eeyou Istchee Tourism
Tourisme Eeyou Istchee
TOURISME AUTOCHTONE
A GREAT SUCCESS FOR OUR EVENT
THANK YOU TO ALL OUR SPONSORS
cfp Baie-James
Centre d'études collégiales à Chibougamau
GOLDCORP
PROJET ÉLÉONORE
Université du Québec en Abitibi-Témiscamingue
chrd.ca
CREE NATION OF WEMINDJI
Tourisme Québec
GraphiCat enr.

Finding the best

Eastern Door & North Selection Camp opens

By Daniel Coyle

Selection camp for the Eastern Door & North (ED&N) teams that will participate in the 2012 National Aboriginal Hockey Championships (NAHC) was held March 24-25 at the Kahnawake Sports Complex, just outside Montreal. On hand were 50 young men and 26 young women vying for 18 spots on the men's squad and 17 spots on the women's team.

Three Cree players have been named to the women's team, which will seek to avenge their loss to Team Saskatchewan in last year's gold medal game. Dana Morrison, a 2011 NAHC second all-star team, returns. Joining Morrison are Shayna Dominique, who played hockey in the Ottawa area this past season, and Waswanipi's April Bosum.

In addition, Sara Morrison, who just completed her first season as a member of the University of Ottawa Gee Gees hockey team, will act as assistant coach for the women's squad.

With 50 players on hand, the selection camp for the ED&N men's team was extremely competitive. Nearly half of those participating were cut after day one. On day two, the remaining players in camp took part in an intense scrimmage game, lasting over 90 minutes, after which the ED&N brain trust – coach Jean Dupuis, assistant coach Kenny Kane and team managers Peter Jacobs and Jeff Spencer – was left with the difficult task of making final cuts.

WHEN THE DUST CLEARED, FOUR CREE PLAYERS HAD MADE THE CUT FOR THE MEN'S TEAM.

When the dust cleared, four Cree players had made the cut for the men's team. Three are returning from the 2011 team, including William Blacksmith, Synee Coonishish and Danny Visitor. They will be joined by Jonathan Petawabano, who will be making his first appearance at the NAHC. Goaltender Nimi Blacksmith, who played solid during the second day scrimmage, was named as an alternate.

At press time, two spots remain to be filled on the 17-member squad, which Kane expects to happen sometime in early April.

One important change with this year's men's team is the absence behind the bench of former coach Steve Cheechoo, who led the men's team to within an overtime goal of last year's gold medal. Cheechoo is familiar with many of the players on this year's squad, particularly Blacksmith, Coonishish and Visitor.

"Synee (Coonishish) will probably play a bigger role this year's team," said Cheechoo. "He can score, and spark the team's offense.

In reference to Blacksmith, Cheechoo added, "He's a solid checker – that will be important against some of the strong teams from the West.

"As for Petawabano, it is his first year, so it will be a learning experience for him playing at that calibre," continued Cheechoo. "It will be tougher and more physical hockey, so he will have to make adjustments.

"I think it is Danny Visitor's final year. I think he knows what is at stake after a few years at the tournament. He brings size and talent, so he could have a big role on the team this year."

Cheechoo also had high praise for Andrew Kistabish, an Algonquin who arrived at camp sporting blonde hair, although he did not need it to get noticed on the ice.

photo by Daniel Coyle

Eastern Door & North veteran Andrew Kistabish in action at the team's selection camp on March 25, 2012

"I think Andrew could play a big role on this year's team," said Cheechoo. "He could be one of the top players on the team and in the tournament."

So what are the keys to success for this year's ED&N teams? According to Cheechoo, it is all about conditioning and teamwork.

"Conditioning is very important before they head to Saskatchewan," said Cheechoo. "They need to be skating and doing things now to stay in shape. It will be a tough tournament against teams that are usually good like Manitoba and Saskatchewan."

Both teams will hold a departure camp in Kahnawake on May 5, before flying to Saskatoon the next day in time for the tournament to start on May 7.

Saint Elizabeth First Nations, Inuit and Métis Program

Saint Elizabeth

Well beyond health care

About Saint Elizabeth First Nations, Inuit and Métis Program

For more than 11 years, Saint Elizabeth has been working in partnership with First Nations to positively impact health care delivery at the local level. From action-based research to knowledge exchange and mobilization, the Saint Elizabeth First Nations, Inuit and Métis program is focused on enhancing and supporting the capacity of communities to understand and solve complex health care issues, improve access and address barriers to care. Combining leading practices and innovative technologies with meaningful involvement of First Nation partners has been the foundation of our success to date.

What courses are available?

One of the key initiatives of the Saint Elizabeth First Nations, Inuit and Métis Program is @YourSide Colleague®, a secure web-based learning and knowledge sharing program that provides more than 10 internet based health related courses, at no cost, to First Nations communities. All of our First Nations courses are developed with community based health care providers from our participating First Nations communities.

- First Nations Diabetes Circle of Care
- First Nations Cancer Care (English & French)
- MB First Nations Home & Community Care Orientation
- Personal Support Worker
- Wound Management
- Clinical Skills
- Palliative Care
- First Nations Chronic Obstructive Pulmonary Disease Care
- Elders Care Course – Coming Soon!

Get connected today!

To learn more about Saint Elizabeth First Nations, Inuit and Métis Program and @YourSide Colleague®, visit us on the web: **www.atyourside.ca**
(click on the First Nations, Inuit and Métis icon)

Read the latest Saint Elizabeth First Nations, Inuit and Métis Program news and information on our Community Announcement Page and check out the E-learning Events Page for exciting learning events **http://fnim.atyourside.ca/events**

Phone: 1.800.463.1763 ext 2971
Email: atyoursidefni@saintelizabeth.com

Join us on Facebook and become a fan:
http://www.facebook.com/aYSCFNI

Saint Elizabeth does not charge First Nations communities or individuals to use @YourSide Colleague. Our mandate is to continue to provide these programs at no charge to the communities, recognizing the limitations and barriers that many communities have to access training.

www.atyourside.ca • www.saintelizabeth.com

BORDER LINES

Story and photos by Lyle Stewart

Our printemps érable

I must be a bad parent. A couple weeks ago, on March 22, I let my son skip school and then encouraged him to get into a fight. A real battle royale it was, in fact, in which we fought alongside at least 200,000 allies in downtown Montreal in an ongoing war to keep university education accessible to all in Quebec, no matter how rich their families are.

The massive demonstration against steep university tuition hikes that day was the largest I've ever participated in, and I've covered and been a part of my share of protests over the past three decades. This event was inspiring for much more than its size, as thrilling as it was to be part of a crowd of that scale. Even the most cynical of observers had to acknowledge the creativity, good-natured solidarity and determination of the protestors. Not a single untoward incident was recorded, not a single arrest, no broken windows, not even any angry motorists (that I saw) swearing at the demonstrators – despite the fact that they basically tied up the entire downtown all afternoon.

It was a historic day, one that was symbolized by the phrase on several placards: "Le printemps érable." It's a play on words for the revolutions that swept through the Middle East last year, a time known as the Arab Spring. But this, this is our struggle, one that exudes a sense of renewal and hope that accompanied the first full day of spring. Personally, I have no choice but to support this cause, not only for the benefit of our society in general, but for the very fact that I am a parent.

That's why I pinned a red felt square on my son's t-shirt and set him loose. To my mind, this is part of his real-life education. And it's one that will benefit him in the future if enough parents – and their children – step up and climb into the ring.

He's almost nine, and as regular readers might remember, this is not the first political adventure in which I've had him ride shotgun with me. Last fall he participated in the initial Occupy Montreal event in front of the city's stock exchange tower. He came away with a vivid experience and dozens of questions I did my best to answer. I feel he needs to get a taste early about what it is to struggle collectively to defend common rights. Especially because those battles are only going to get tougher as he grows into adulthood.

This time, he was right into it, chanting slogans, dancing to the drumming and insisting we complete the entire five-kilometre route of the march, even

Gareau VAL-D'OR auto

GM Canada

We always have GM Fleet Suburbans with low mileage. Starting at $35,000.

Go online at www.gareauauto.ca

Jean-Claude Moreau,
our bilingual Sales Representative, will welcome you and we will pay for your hotel room when you come down to pick up your vehicle.

1100, 3e Avenue Est, Val-d'Or, QC J3P 4P8
Tel: (819) 825-6880 1-877-625-6880 Fax: (819) 825-8980

HÔTEL Continental

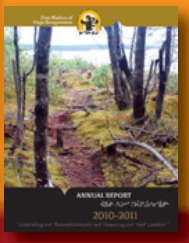
For all seasons...

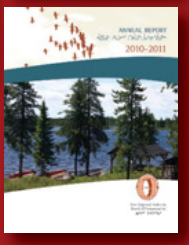
Have a happy and safe goose break.

Tel.: 819-824-9651 Fax: 819-824-1321 1-800-567-6477
932, 3e avenue, Val-d'Or, Québec, J9P 1T3
www.hmcontinental.ca

Annual Report season is here!

Be early, organized and save!





Beesum Communications will help you create the perfect annual report that will reflect your organization, within your budget.

Don't get caught with last minute rush fees!

Request a quote:
Michel Goyette, *Marketing Manager*
mgoyette@beesum-communications.com
T: 514-272-3077 F: 514-278-9914

Beesum communications

BEESUM COMMUNICATIONS – FIRST NATIONS FIRST FOR PRODUCTS AND SERVICES

when it started pouring rain toward the end of our trek. He's getting the spirit of democracy, which is made possible by people who are not afraid to stand up for what they believe in.

The struggle to keep post-secondary studies as accessible as possible should be as basic as the right to basic education, to health care, clean drinking water, decent housing or a safe community. In other words, the essential pillars of a democratic society. In Quebec, we pay collectively for all of these societal goods according to our ability. In this sense, it's true that we live on a threatened island of civilization in an increasingly turbulent and barbaric political sea. That's why we must all do our part to strengthen the levees that protect us from the killing flood. That's why this fight is about much more than the price of university tuition.

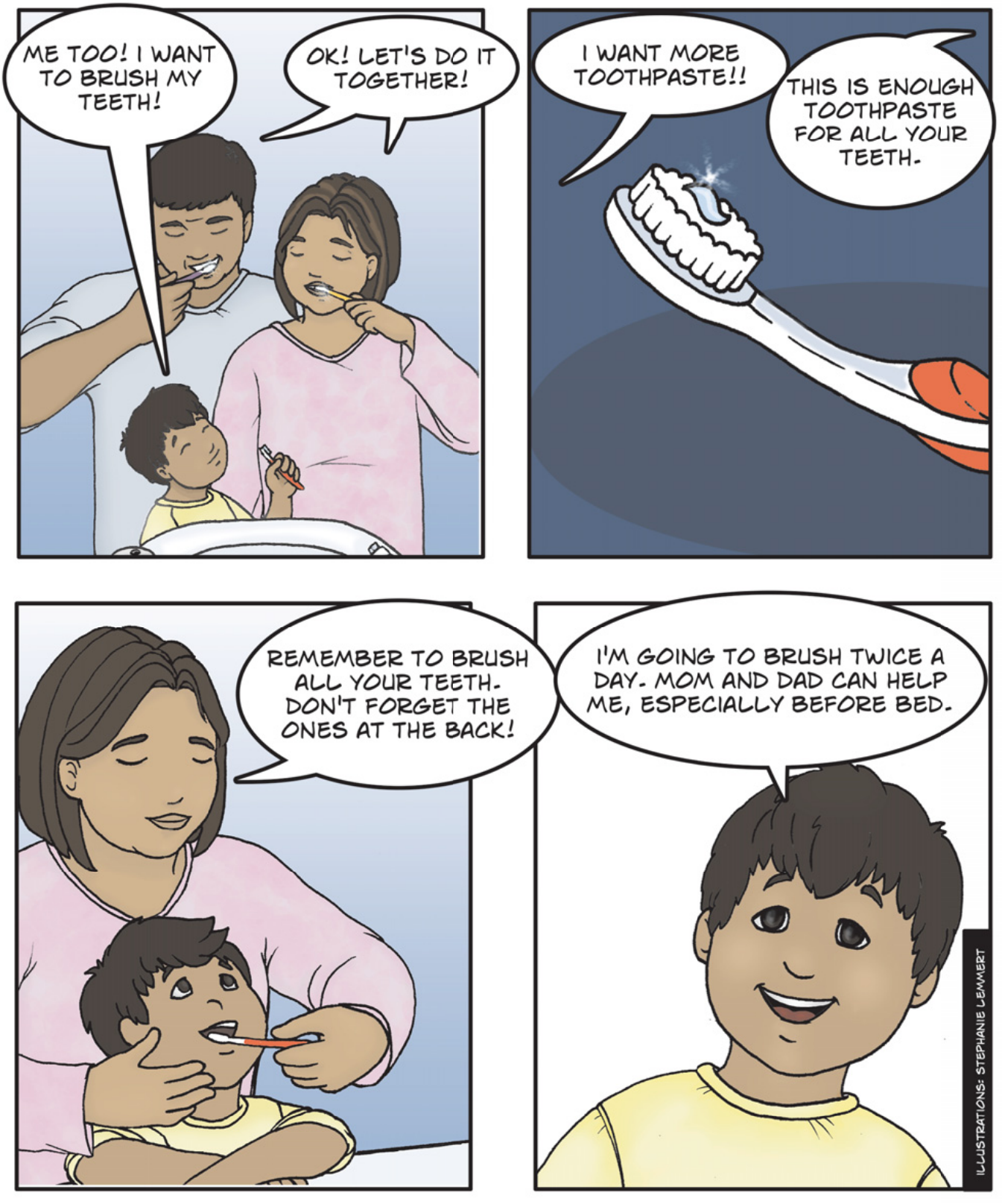
The visionaries who represented Eeyou Istchee back in the 1970s understood this when they established the principle of funding Cree students through their post-secondary studies. Advanced education is a huge benefit for a society if all those who have the ability are able to access it. Limiting this opportunity only to those whose families can afford it will weaken that society's economy and culture.

There is much progress to be made on this score. But few would argue that the huge political, economic and cultural growth of the James Bay Cree has nothing to do with the increasing numbers of highly educated Crees who help govern, administrate and instruct your society.

This was made possible by the generation of young people (who were supported by their Elders) that made the perilous gamble to stand up to authority in the 1970s, '80s and '90s. That's what all those annoying students are now doing throughout Quebec.

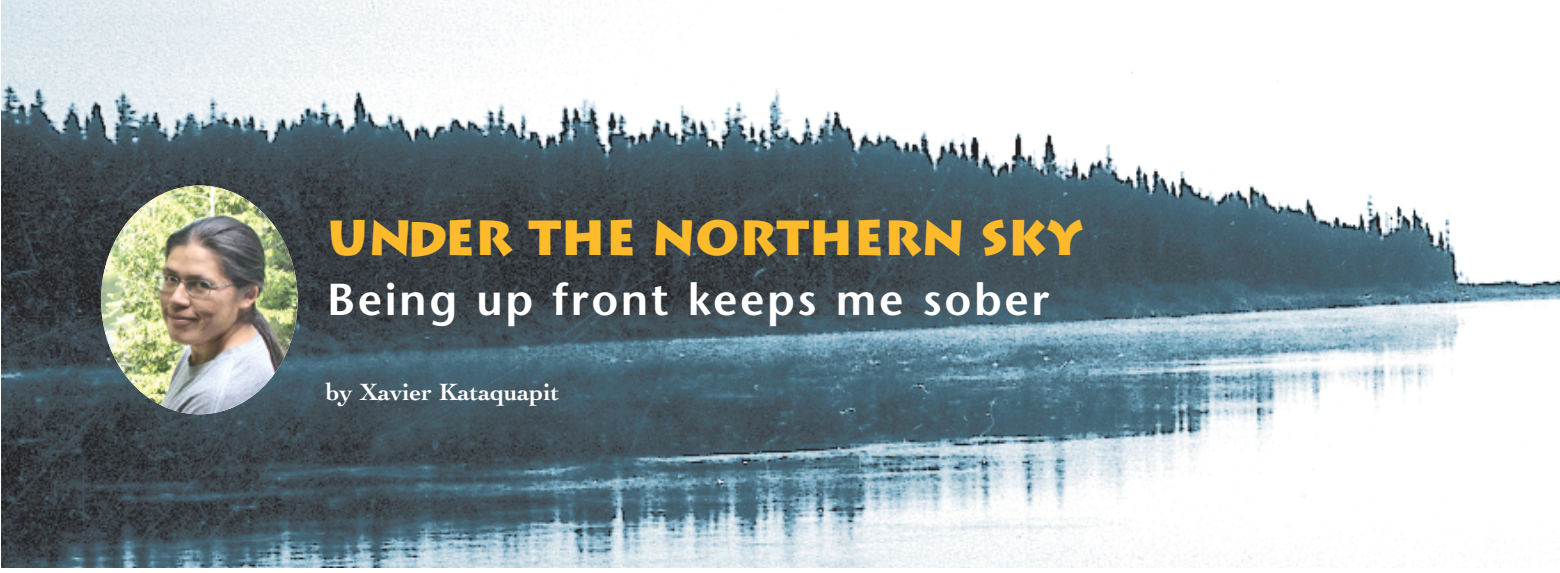
They are standing up to arbitrary authority on behalf of all of us, not just for their own narrow interests. They deserve our admiration, not the insults and denigration that characterizes much of the media coverage of their movement.

And yes, I want my kids to have the opportunity to push their studies as far as their ability and motivation allows for, without the limitations of my financial resources. That's why I am so proud of my son for his enthusiasm, and his desire to understand what this uproar is all about.


ME TOO! I WANT TO BRUSH MY TEETH!
OK! LET'S DO IT TOGETHER!
I WANT MORE TOOTHPASTE!!
THIS IS ENOUGH TOOTHPASTE FOR ALL YOUR TEETH.
REMEMBER TO BRUSH ALL YOUR TEETH. DON'T FORGET THE ONES AT THE BACK!
I'M GOING TO BRUSH TWICE A DAY. MOM AND DAD CAN HELP ME, ESPECIALLY BEFORE BED.
ILLUSTRATIONS: STEPHANIE LEMMERT

Conseil Cri de la santé et des services sociaux de la Baie James
ᓂᐧᒋᑯᔮᓐ ᑲᔅ ᐊᒋᐃ ᐊᐧᐃᐊᓐ ᐊᓇᓇ ᑲᒋᑕᓂᐅᑦ
Cree Board of Health and Social Services of James Bay

www.creehealth.org



UNDER THE NORTHERN SKY

Being up front keeps me sober

by Xavier Kataquapit

At first I didn't know how to react to a question asked of me recently. I had to think about it to provide an answer that made sense. A friend of mine asked me how I could be so public and proud of being an alcoholic.

I told him that being public, honest and open about the fact that I am an alcoholic helps me very much to stay sober.

My personal experiences and research has shown me that the biggest roadblock in the way of sobriety for many people who are alcoholics and drug addicts has to do with denial. Actually, I have discovered that many who have the disease of alcoholism don't ever grasp the opportunity to understand that they have a problem with drinking or drugs. This has nothing to do with how intelligent, wealthy, educated or cool you are, but it does have everything to do with the fact that an addictive substance affects your brain in a way that makes you crave for more of it. Somehow, addiction interrupts any healthy response to the terrible things happening in an addict's or alcoholic's life. I know that sounds really weird but I know it is true.

It is easy to prove. Just look around at people you know, maybe yourself, who are out of control with alcoholism or some drug addiction. They could be doing all kinds of dangerous stupid things while they are intoxicated. They could be driving drunk, binge partying to the point of blacking out and not remembering where they were or what they did. They might be driving automobiles, snowmobiles, boats, four wheelers or snow machines while they are bombed out of their minds. Perhaps they are having trouble showing up to work, taking care of their loved ones or keeping a job because of alcoholism or drug addiction. The strange thing is that with all of these things happening in an alcoholic or drug-addicted person's life they still don't think they have a problem. That reality of denial stops a person from realizing they have a problem and getting the help they need.

So, the strangest thing about these situations with alcoholics and addicts like me is that most of the time everybody else we know around us realizes that we have a problem with drinking or drugs but we don't. We just can't see that we are alcoholics or drug addicts because our brains are playing nasty tricks on us so that we can keep feeding the addiction. The last thing the pleasure point in our brain wants is for us to stop drinking or taking the drug that makes us feel – for lack of a better word – good.

I can remember falling down drunk, blacking out on binges and not remembering where I was and what I did the night before, missing work, driving drunk and waking up feeling depressed and sick. Yet, when people suggested I might have a problem with booze I protested and I thought they were nuts.

The experts in the area of addictions tell us that most people just don't realize they have a problem until they hit their bottom. Many times we alcoholics and addicts like to surround ourselves with caretakers who are family members, spouses or friends who will simply allow us to carry on as drunks and addicts without having to face the fact we have a problem. They call work for us and lie when we have terrible hangovers or we just disappear on a tear. They go looking for us when we are out of our minds on booze or drugs and drag us home and take care of us only to brush us off and send us on with no realization that we have a big problem. In these kinds of situations, drunks and addicts can go for many years without hitting a bottom and therefore never get any help.

That instance when an alcoholic or addict grasps the fact that they have a problem with booze or drugs is like a small miracle. It is like being hit by a lightening bolt of truth. The denial falls away and a person has to really deal with their problem. Once out of denial then an alcoholic or addict can start making moves to seek help. Help can be there in many ways through local health personnel, addiction workers and counsellors, Alcoholics Anonymous, Narcotics Anonymous and people who are already on a path of sobriety. The key to staying sober and doing something about it is to make sure to not slip back into denial and pretend everything is OK or you are cured. There is no cure for the disease of alcoholism or addiction as there is only recovery.

So, that is the reason I am so public, honest and open about being an alcoholic and addict. It is the most powerful thing I have that keeps me out of denial and on the road of recovery. Thanks for letting me do that.

BIRTHDAYS

Happy birthday to my sister and friend Mary Rose Swallow! She is celebrating her 24th birthday on March 24, 2012. Hope you have Wandaful day! From: your friends in Moose Factory. (Jess Jolly)

Happy 10th birthday to my Ryan!! Hugs and kisses and have a wonderful day! Also, happy birthday to Gookum Nancy, Uncle Leslie and cousin Keenan! From Robin Campbell

A special little girl will celebrate her 1st birthday on April 9th, 2012. A birthday greeting goes out to our precious little daughter Aralynn Janae Kanatewat. Owah! A year has gone by already how time flies! :) Jabaw we love you so much with lots of hugs & kisses, many many more birthdays to come and may you be blessed on your special day({}):* <3 Love always Mommy & Daddy (Judy & Angus in CHIS)

I would like to say happy birthday to a few people. First, to Jonelle Neeposh-Rabbitskin whose birthday was on March 31st in Nemaska; I love you so much insheemsh. Second, to William "Boy" Cheezo Jr. whose birthday is also on the 31st of March in Val d'Or, from Nemaska, take good care of your mom. Also to April Neeposh, whose birthday is on April 1st, in Nemaska. Finally, to Pearl Herodier, whose birthday is on April 3rd. Take care buddy! From buddy Victoria Wapachee, Chase W-H and baby Sigoun W-H <3 in Nemaska.

CONGRATULATIONS

The Chibougamau Eenou Friendship Centre and Women's Circle would like to thank everyone who purchased a ticket for our quilt raffle! Thanks to your generosity, we will be able to get supplies for our upcoming Women's Circle projects. Congratulations to the raffle's winner, Mabel Wapachee of Mistissini! We hope you enjoy your new quilt!

EVENTS / RESOURCES

Need a tutor? The Homework Help Program offers free one-on-one tutoring to Aboriginal youth. The program will match the needs of the Aboriginal youth to McGill students that have knowledge in a particular school subject. To sign up your child send an e-mail to mcgillhomeworkhelp@gmail.com and let them know what grade your child is in and what subjects they need help with. The tutoring sessions will be held at the Inter-Tribal Youth Centre located downstairs at the Native Friendship Centre at 2001 St. Laurent Boulevard, corner Ontario street, between 4pm and 5:30pm on every Monday afternoon beginning in March 2012.

Great Blue Heron Poetry Contest & Sheldon Currie Fiction Contest. $2,400 in prizes to be won! Fiction entries must be postmarked by May 31, 2012 and poetry must be postmarked by June 30, 2012. All submissions must be mailed to: The Antigonish Review Contest, P.O. Box

SE RÉALISER CHEZ LE PLUS GRAND PRODUCTEUR D'ÉNERGIE PROPRE, C'EST POSSIBLE.

CHEF – TRAVAUX (CHANTIERS DE CONSTRUCTION)

POSTE TEMPORAIRE – LONGUE DURÉE – BAIE-JAMES
CONCOURS : GB120313A / DATE LIMITE : 10 AVRIL 2012

Vos défis : Gérer la réalisation des activités de réfection de groupes turbines-alternateurs, en respectant les normes de qualité ISO, de SST, des réglementations environnementales et des encadrements d'Hydro-Québec ; Votre profil : BAC en génie mécanique, génie électrique ou combinaison de formation et d'expérience équivalente ; Dix (10) ans d'expérience en travaux majeurs de réfection ou de construction de centrales hydroélectriques, dont cinq (5) ans d'expérience en gestion ; ASP Construction ; Permis de conduire de classe 5.

Hydro-Québec applique un programme d'accès à l'égalité et invite les femmes, les membres des minorités visibles et ethniques, les autochtones et les personnes handicapées à présenter leur candidature. Nous communiquons uniquement avec les personnes retenues à la suite de l'analyse des dossiers.

Visitez dès aujourd'hui
hydroquebec.com/emplois

Hydro Québec

5000, St. Francis Xavier University, Antigonish, Nova Scotia, Canada, B2G 2W5. For complete guidelines, email TAR@stfx.ca, call 902-867-3962 or visit our website at www.antigonishreview.com

APTN - 2012 FLAG CONTEST FOR ABORIGINAL DAY LIVE

APTN invites young people between the ages of 12 to 17 to design a flag that represents the richness and diversity of all of Canada's Aboriginal Peoples, and what National Aboriginal Day means to them. The contest winner receives:

• A trip to Winnipeg (along with one parent/guardian) to receive his/her prize

• The chance to be featured on APTN and as part of our National Aboriginal Day celebrations

• The excitement of having his/her flag flown on top of APTN's headquarters in downtown Winnipeg • A cash prize of $500

If the design is part of a school project, his/her school will also receive $750 towards the purchase of learning materials.

All entries must be received at APTN's Winnipeg headquarters by midnight ET, May 18, 2012. To find out more information, official contest rules and submission specifications, visit http://www.aboriginaldaylive.com, call (204) 947-9331 ext. 499 or email mferris@aptn.ca

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day 7 days a week.

Kid's Help Phone Line: 1-800-668-6868 (www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085 (www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333 (www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626 (www.drogue-aidereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626 (www.info-reference.qc.ca)

S.O.S. Conjugal Violence: 1-800-363-9010 (www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432 (Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688 (www.nwsm.info)

Suicide Action Québec: 1-866-277-3553 (www.suicide-quebec.net/)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

SE RÉALISER CHEZ LE PLUS GRAND PRODUCTEUR D'ÉNERGIE PROPRE, C'EST POSSIBLE.

COMMIS

POSTE TEMPORAIRE (INDÉTERMINÉE) – RADISSON
CONCOURS : JD120307A / DATE LIMITE : 10 AVRIL 2012

Vos défis : Effectuer diverses tâches administratives, générales et de secrétariat. *Votre profil :* DEC en bureautique, AEC en bureautique, DEP en secrétariat ou diplôme de secondaire V avec une expérience pertinente.

Hydro-Québec applique un programme d'accès à l'égalité et invite les femmes, les membres des minorités visibles et ethniques, les autochtones et les personnes handicapées à présenter leur candidature. Nous communiquons uniquement avec les personnes retenues à la suite de l'analyse des dossiers.

Visitez dès aujourd'hui
hydroquebec.com/emplois

Hydro Québec

www.cssspnql.com

Is gambling taking up more and more room?

CONTACT YOUR LOCAL SUPPORT SERVICE OR CALL 1-800-461-0140 | DONTBETITALL.COM

Québec

Your Northern Airline of choice!

Air Creebec

For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca

ᓂᐱᒋᔭᒼ
NISKAMOON
CORPORATION

From the Niskamoon TEHQ Program
Students to the people of Iyiyiu Aschi,

we wish you a safe and plentiful Goose Break!

ᐅᐢᑭ ᐊᓂᒃ ᓂᔮᔨᐞᐅᓄ TEHQ ᑭᔮᑎᒧᐊᐯᓂᓄ ᐋ ᐞᐢᑎᒧᐊᓄ ᐞᔨᔨᐤᐢ ᐊᓂᒃ ᐞᔨᔨᐤ ᐊᔮᑭᐢᓄ,

ᓂᐱᔨᔨᐢᑦᒋᓀᐤ ᐁ ᐞᐌᐦᑎᓬᐌᔨᔭᔨᔨᔭᐤ ᐁ ᐞᐌᐦᑎᓬᐌᔨᔭᔨᔨᔭᐤ!

Our world is a changing one and we recognize this. We are at an important turning point with one foot stepping lightly into the acceptance of the modern world and the other foot firmly rooted in the traditions of our parents, grandparents, and ancestors.

We are proud to be students representing the Cree Nation. But mostly, we are proud to be Iyiyiu and proud to have the honour and privilege to hunt with our families during this spring season. We hope that many of you will also be joining your families and friends on the territory. Please be safe on the roads and waterways!

ᐊᔨᐢᓄ ᐊᑎ ᐞᐱᐱᔨᐤ ᐁᐦᓂᔭ ᒥᔨᐢᑦᒋᐯᐢᓄ ᐊᓂᒃ ᐁᔨᐢᓄ ᐁᐦᓂᔭᐢᓄ, ᐊᔮᑭᐢᓄ ᐅᔨᐦᓂᔭᐢᓄ ᐁᐦᓂᔭᐢᓄ ᐁᐦᓂᔭᐢᓄ ᐁ